

NOVEMBER-DECEMBER, 1918

\$1.00 a Year

THE Character Builder

Devoted to Personal and Social Betterment

DR. JOHN T. MILLER, Editor

625 South Hope Street

Los Angeles, Cal.

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THE CHARACTER BUILDER

DEVOTED TO PERSONAL AND SOCIAL BETTERMENT

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NOVEMBER-DECEMBER, 1918.

NUMBER 11-12.

Sketch of Dr. and Mrs. C. Peterson

By the Editor of The Character Builder



DR. AND MRS. C. PETERSON

During the past year we have introduced to the readers of the Character Builder two young men who have expressed a desire to devote the rest of their lives to disseminating the principles of human culture and aiding the Character Builder in its mission. In this is-

sue we are pleased to introduce to the readers Dr. and Mrs. C. Peterson, who have been for some time familiarizing themselves with the work of the Character Builder and the Human Culture School. They are sufficiently impressed with the value and importance of this

work to associate themselves permanently with it.

For quite a number of years Dr. Peterson has been a licensed physician and has practiced in four States. Altho he is licensed to practice medicine in California, he finds more pleasure in the preventive than in the curative phase of his profession. Mrs. Peterson has devoted years to obstetrical practice and has been associated with the Doctor in his professional work. Both are at present adding to their healing equipment courses in mental medicine, spinal adjustments and other scientific systems that have not yet found their way into regular medical colleges.

The character analyst, in studying Dr. Peterson, will observe that he has the vitality essential for the profession he has chosen. The prominent brow and receding forehead show that the scientific tendencies are most pronounced in his organization. His sympathetic nature causes him to do all in his power for his patients. Strong approbateness and deficient self-reliance keep him from asserting himself as much as he is entitled to. He has planning ability and could succeed in a managerial position in the business world, but would do much better where business is conducted on a co-operative basis than where the cut-throat competitive system prevails. In competitive business life he would need to smother his sympathies and finer feelings.

In the healing art Dr. Peterson will find pleasure in removing the causes that produce disease and in helping people to make the adjustments in their own organizations that will result in greater harmony and better health of body and mind. His democratic ideas and modest personal habits give him a desire to see everybody enjoying the necessities and comforts that he needs himself. The sense of justice is strong in his nature and will govern his actions in dealing with his fellow-beings.

The difference in organization between Dr. and Mrs. Peterson has en-

abled them to do good team-work in a professional capacity. There is almost an equal blending of the motor, sensory and nutritive organs in Mrs. Peterson's organization, and the brain developments show versatility and adaptability rather than a tendency to narrow her ideas and activities into a groove. The various brain-centers are nearly equally developed. The broad forehead shows constructive and planning ability, with a well-developed creative imagination. compressed lips and positive expression indicate self-reliance and firmness, so that when anything is undertaken she will not let little obstacles turn her from her course. She desires to study cause and effect relations, and the fulness of the forehead at mirthfulness shows that she has an appreciation for wit and humor. She has ability to tell others what she knows, and has sufficient executive ability to direct the efforts of others in work with which she is familiar. None of the mental powers predominate greatly over the others in Mrs. Peterson's organization and it is likely that she can adapt herself readily to most any condition she will meet in life.

We feel that the cooperation of Dr. and Mrs. Peterson will be a great help to the Character Builder and the Human Culture School that is being conducted in connection with it. For years we have been emphasizing health culture, but have not conducted a department for healing the sick who need more than the preventive suggestions. We are now adding a Health Department, where the most helpful systems of healing known to modern science will be used in training the sick back to health. Dr. Peterson is superintendent of the healing department and will be assisted by specialists in mental and spinal adjustments and other modern systems of healing. Mrs. Peterson will assist in the educational and the healing work. It is very gratifying to the members of the Character Builder family to have added to the working force two new members who

so thoroly in sympathy with the work as are Dr. and Mrs. Peterson. Their long experience in curative work helped them to see the importance of prevention, that is needed everywhere. The ambulance will be provided to pick up the wounded when necessary, and the Character Builder will continue to help build the strong fence above the dangerous cliff to keep people from falling over and injuring themselves. Beginning with this issue, Dr. Peterson will edit a Health Department in the Character Builder, where constructive articles on health-culture and rational systems of healing will be given. Questions and answers on health topics will be an interesting feature of the department. All of our readers are invited to send in questions that will be of general interest. We desire to give helpful service. The cooperation of our readers will be a great aid in advancing these principles of right living. The advice given is concerning the life-essentials: food, water, air, exercise, right thinking and proper control of the feelings, and the finer forces of nature that protect us in health and disease. The suggestions on healing will be based on modern systems. In many years of experience in the healing art Dr. Peterson has never prescribed a remedy that would injure the tissues of the body; he will continue to recommend aids to nature that will do no harm and that will do the most good. We feel that this department on Health will be a great addition to the work of the Character Builder.

THE PLACE OF PHYSICIANS IN MODERN SOCIETY.

By C. A. Whiting

Modern society is readjusting itself on all lines. Such readjustment must eventually be made, because of the increase of knowledge among men. Socially, we are studying anew the old problems concerning the distribution of wealth. We are concluding

that it is very much more important to prevent poverty than it is to give in charity.

Politically, we are growing out of the notion that "to the victor belongs the spoils," and growing into the higher and nobler notion that "a public office is a public trust."

Religiously, we are concluding that it is much more important to make better the present conditions of life than to undertake to make provisions for a future of which at best we can know little.

Around medical lines we are paying much more attention to the prevention of disease than did those who went before us. It is by no means easy to deal justly with the physician and medical art of the past. The old family physician, the kind sympathetic friend, the brave night-rider, are still pictures from which we can not willingly divorce ourselves. But there was another side to all of this. The sympathetic physician and loyal friend certainly poured drugs, "of which he knew little, into bodies of which he knew much less," and he certainly had a tendency to obscure the nature of the disease and the treatment which he gave for its alleviation. Perhaps it may be said in his justification that he never made these things more obscure in the minds of his patients than they were in his own mind. For, to tell the truth, he had not even a hint of the real nature either of the disease or its rational treatment. Disease to him was some kind of a terrible entity which got into the body and which, in some way, must be expelled, and for the means of its expulsion he ransacked the earth and sea for nauseous poisons.

The modern conception of disease is altogether different. We have learned that contagious and infectious diseases result from poisons which enter the body, but we think of these as causes rather than the disease itself, and since we recognize the fact that disease has a cause, we believe that it is, for that very reason, pre-

ventable. One can not do another a greater service than to impress upon him the solemn importance of a life-work and to teach him that it is only by the preservation of health that this life-work can best be accomplished. It is vastly more important to prevent disease than to alleviate it when it has become established.

Death, so far as we are able to see, is a vital necessity. The living cell runs thru a series of changes and at last its vitality is exhausted and its death is inevitable; but this should take place only in the extreme age of the cell; and what is true of the single cell is equally true of the great aggregation of cells which we call individual plants, animals and persons. If this view is true, it means that death is as unnatural to the young as it is natural to the old. Few things should strike us as being more lamentable than the death of children. All sorts of consolations, which are inclined to make us reconciled to this terrible thing, are simply words which blind us to the wrong which we do when we permit the conditions to exist which cause this blot on the fair face of Nature. Poet and preacher are alike at fault when they try to cast the soft light of poetry or religious consolation around an event of this character.

Longfellow sings: "My Lord has need of these flowerets fair." The public hygienist, with perhaps less poetry, but much more truth, tells us "the Lord has need of the flowerets fair," in proportion as the milk furnished these 'flowerets' is unclean and contaminated by the germs of disease. Does this line of thought leave us without hope or consolation when our dear ones die? I think not. I think it offers us a rational source of comfort in the place of artificial and irrational comfort. The comfort offered by science is that the grief-stricken parent or friend should cultivate his philanthropy and unselfishness to such an extent that he shall say, "Out of my great grief good shall come, because I solemnly

dedicate my life to helping to find means which shall prevent others from suffering as I have suffered." And the world is built upon such a plan; the truest alleviation for all our grief is to try to alleviate the sorrow of those who are around us.

As each successive class goes out of our colleges it is highly important that they be thoroughly trained in all that makes for good public hygiene. Every year must see better hygienic conditions, and in the great work of improvement the physician must be the leader.—"Public Sanitation and Our Papers."

TO THE SANTA PAULA.

O Mountain Stream, so free and glad
That flowest onward to the sea,
I love thy lightly laughing song.
From Nature's heart of harmony

The sunlight sparkling on thy flow,
Is Beauty's soul revealed in thee.
As here along thy brink I roam
And watch the swallows circling

They skim, they dip, they kiss
breast—

These fairy creatures light of wing
Bright messengers from regions high
Drawn down to earth to hear
sing.

Thy song is thine, and man may hear
But fail to catch the rhythmic flow
In far-off time he lost the ear
That knew the lilt of stream
stone.

Could human heart its music play
As thine its song by night and day
We soon would learn that higher day
That makes of Life eternal day
—Lydia C. M.

If you would not be forgotten
soon as you are dead, either
things worth reading or read
worth writing.—Franklin.

I pity the man overwhelmed with
weight of his own leisure.—Voltaire

Woman in the New Internationalism

Mrs. Louis F. Post, Member Executive Committee Woman's Auxiliary Committee of the United States, at Second Pan-American Scientific Congress, Washington, D. C.

The training of boys exclusively by men and of girls by women, is a thing of the past. We all know now that the influences of both parents, and of members of both sexes, are needed by every child.

The early association of human beings in towns and little states was more for protective than for cooperative purposes. Then as cooperation gradually developed it appeared under cruder and harsher forms, dominated by fears and greeds, and so continually defeating its own ends—step by step on its own feet, as it were. These harsh, husklike forms of human affection made apparently but moderate allowance for women, and their part in the affairs was small.

But law and order pressed forward, and the little to the great under the new laws of progression, and cooperation began to mean not only profit-exchange but devoted human service.

On a large scale this hardly came consciously into the world before the last just previous to our own. And all at once our Pallas Athene—our womanhood—sprang fully panoplied into the arena. Was there human service rendered? She must play her part at the voting booths, at the council tables, on school boards, on municipal committees.

Let us make no mistake. The largest part of the work in the urge of the woman's soul is to take her place in the common life of the municipality, of the state, of the nation was, not a demand for a right, but an unspeakable hunger for vital human service in the wonder-lands of the new social order opening upon her vision.

Side by side with the articulate expression of that urge, whether as yet granted fulfillment or not, have come into our community life new ideals and new services rendered by men and women together—services which neither men nor women could have initiated or developed alone. You know them—juvenile courts, public playgrounds, improved public sanitation, community forums—a thousand forms of human service.

Before this war of wars tore the world into abysses under our feet, this vitalizing of our municipal life was creating new environment for us, and, more important, our children. With the unbelievable events of 1914 came dizzy indignation and throbs of worldwide compassion on a larger scale than ever before moved the world. International thinking and feeling began to be a part of daily life even in this somewhat isolated and considerably self-centered Republic.

Then came opportunities for international service, and we sprang forward, not as eagerly perhaps, or as fully, as if we had been better prepared to understand the situation; and not altogether with clean hands, for were not some among us making blood-stained fortunes? But necessarily with this vitalization of internationalism there came in the cooperation of the women. Is it possible to conceive that internationalism will ever cease to be their common business? Is not the whole world now the potential house of their Father?

Among the evidences of this vitalized internationalism now in process of development is the leap from a purely commercial food exchange, hampered by tariffs, to national and international collection and conservation of food on the absolute basis of social utility. Have American women played no part

in that international act of conservation? Has not that function lain on their hearts day in and day out for more than a year?

Internationalism in these swift days must be based on our experience of life rather than learned from books. What do you know of community service that is translatable into international terms?

If in the community such services are the mutual product of men and women we must believe that women's intuition and the urge of their hearts will impel them to share in the working out of like international services and in giving them vitality.

We women have worked on these problems in small ways in our own comfortable communities. We are now working side by side with our brethren across the seas over these same problems on a vaster scale than we had ever dreamed of. Who asks whether the work is done by men or by women? It simply has to be done by both, not because there are not enough workers of either sex alone, tho that is also true; but because it is the old human problem of the home.

But while it is not alien to consider these human matters on a huge scale while they still relate to individuals, no matter how many, perhaps we do not so readily perceive the need for insight and sympathetic comprehension for nations as nations, and for whole people, sick, crippled, nerve-shattered; aye, and for nations that are delinquent. But the dreadful need will be there. Patience, understanding, kindness—they will all be needed to the full for the healing of the nations at the time of the coming great reckoning. Above all, the ripest wisdom will be required for rightly handling delinquent nations which have lacked high national standards and denied international obligation.

Many analogues could be adduced between those lesser and those greater services for humanity which can be properly and fully consummated only by the natural and unselfish cooper-

ation of men and women. In playing her part in fulfilling them woman will find her role in the new internationalism, a role that calls for the study of the histories of peoples, not the histories of kings; that calls for an acquaintance with maps; that calls for inquiry as to where the grain, the wool, the cotton, the iron, and the lumber come from, and why it is so hard for the peoples of some countries to get these things, and so easy for others. It calls also for an understanding of why the great mass of men in civilized countries toil painfully all their days for scant bread, and a few, often with no toil, live in luxury.

These are some of the problems of the new internationalism; and they are upon us, for it is well known that economic as well as national questions are to come up for settlement at the peace table, a knowledge that is disquieting to profiteers of every type in every civilized country. May those who are summoned to that fateful table be democratically representative of the great common life of the world; and to be so representative there ought to be women among them.

But in any case only a few women, as only a few men, will meet at the peace table. Only a comparatively few women can labor directly in international work. Let us not fail to realize, however, that every woman of right feeling who develops the "international mind," no matter how simple the expression she is able to give to it, will be playing a part in the creation of the new world that is to come out of this welter, if civilization is not to perish. We women can ponder these things in our hearts. As the lawgiver of old admonished, we can teach them diligently unto our children; we can speak of them when we sit in the house, and when we walk by the way, and when we lie down; and when we rise up. For what we love we speak of, fitting it with sympathetic adaptation into the life we are living with those about us. And this must happen, this is happening. The only thing that concerns each

personally is whether she will
er life henceforth as a part of
w time or will go her own lonely
walking half visible, as a shadow
host from a former world.

finally, to rise to these high
and privileges, woman must not
understand many new things and
to others of them, but she must
e world whole, as if it were a man
f it were a child. She must feel
r it with a vast motherhood, sick,
ot to death, to which she is to
peace and comfort, and at the
new and abounding joy. She will
on her banners the word of that
teacher who came to us from
the sea, Goldwin Smith: "Above
tions is humanity."—Journal of
E. A.

CLOSING THE DOORS.

ve closed the door on doubt;
go by what light I can find,
hold up my hands and reach
them out
e glimmer of God in the dark, and
call :
am Thine, tho I grope and stum-
ble and fall,
e; and Thy service is kind.

ve closed the door on Fear,
s lived with me far too long,
e were to break forth and re-
appear,
uld lift my eyes and look at the
sky,
sing aloud, and run lightly by,
l never follow a song.

ve closed the door on Gloom,
ouse has too narrow a view.
ust look for my soul a wider
room,
windows to open and let in the
sun,
radiant lamps when the day is
done.
he breeze of the world blowing
thru.
rene P. McKeehan, in "Century."

THE WEEK IN SCHOOL.

Monday's adenoidal Day—
Bring bandages and salve;
For Doctor Jones will cut away
The adenoids you have.
No doubt you will be overjoyed
When Doctor Jones is thru
To know no fretful adenoid
Again will trouble you.

Tuesday will be Tonsil Day—
Of that please make a note;
For Doctor Brown will cut away
The tonsils from each throat.
Bring cotton, lint and vaseline.
This class meets sharp at ten.
And tonsils will be snipt off clean—
Nor trouble you again.

Wednesday is Appendix Day
For Classes A and B;
When Doctor Smith will cut away
This superfluity.
Please don't forget the day, as said—
The classes meet at ten.
Bring needles and a spool of thread
To sew you up again.

Thursday's Antitoxin Day—
So kindly be prepared;
Bring gauze and antiseptic spray.
All right arms will be bared,
Or left arms if you so elect.
Be punctual, pray do;
For Doctor Puncture will inject
The serum into you.

Friday's Vaccination Day
For fall and winter terms;
Those who have fresh scars will stay
For anti-typhoid germs—
Half a billion's the amount.
Classes meet at four.
Doctor Green will make the count—
Doctor Gray will pour.

Saturday's Reaction Day—
Thermometers at three;
Bring stethoscopes, and Dr. Gray
Will make blood-counts, to see
How science triumphs o'er disease—
How antitoxins rule.
Now mark the weekly program please
And don't be late for school.

—Saturday Evening Post.

Vision of Charles M. Schwab

By Allan L. Benson

Mr. Schwab, in the midst of world-events, is again thinking of the future of the human race. He does not believe a new era is coming—he believes it has come. What seems most to impress him is the belief that all the old aristocracies are gone—the aristocracies of birth and wealth—and that nothing now counts except service to one's fellowmen. A little way ahead, he sees a time when there will be "no sharp distinctions between rich and poor."

It is very pleasant to read that Mr. Schwab's thoughts are turning to the human race and its future. A man who thinks of himself first serves himself last. There is no way of getting ahead alone. To get ahead while leaving almost everybody else behind is to stay behind with the others. This holds good in everything—in wisdom, in knowledge, in wealth. What satisfaction would there be in knowing everything there was to know if nobody else knew anything? What comfort could one derive from wealth if he had all the wealth? The only way to enjoy wisdom is to have the companionship of the wise, which is but another way of saying that wisdom is worthless until it is shared. Nor can the comfort that comes from money be entirely comfortable so long as there is accusing poverty.

Mr. Schwab believes the old aristocracies are gone. Mr. Schwab is quite right. They were gone before the war. Mr. Schwab may or may not know that. It is a long time since birth or wealth counted for anything in this country except among those who were rich or who believed they were well-born. Members of these classes have paid each other tribute, but nobody else has. The American people, long before the war, created their own aris-

toocracy of public service. We but to go about in any city and the statues in public squares to. We need but read our school histories. Whoever saw a bronze figure of a rich man? Or a paragraph of history about one? Or about a man who was merely the son of his father? More than two generations of the derbills have been a rich family in America, but where is there a Vanderbilt statue? Who proposes a monument in honor of Rockefeller? If a Vanderbilt statue arises in this generation, it will be to Cornelius Vanderbilt, not because he is rich, but because he is a general in the American army.

Mr. Schwab believes we are living upon an era in which there are no sharp distinctions between rich and poor. Such an era is surely coming. Let us hope it has begun. Why are there be such distinctions? They are but the signs of our immaturity, of men who are intellectually mature and do not care to pile up wealth. They have more important things of which to think. Can anybody imagine President Wilson as a stock market speculator circulating falsehoods to inflame or depress stocks to his advantage? What would Edison care about a million dollars?

I DOUBT if most rich men care much about money. They want money with power. It's power they want and money gives it. Why does one man want power over another? To have power over another is to abridge his freedom. Or is it to have power over material things that these men want—power to carry out great industrial plans? Partly so, probably. But why own the material things to get this power? It is not necessary to do so. Mr. Schwab does not own the ships he is building. Mr. McAd-

in the trains he is running. Nevertheless getting all the satisfaction that may be derived from big things.

Man wants to do big things why require him to qualify by demonstrating his fitness for public service? To a railroad out of the stock—this is not to demonstrate one's ability to serve the public as a railroad administrator. Mr. Schwab is a shipbuilder because he had demonstrated his ability to build anything.

McAdoo is operating the railroads and the President believed he had demonstrated his ability to undertake—and he is making good. Why are these qualifications not sufficient? Would ownership and a desire to make profits add to the efficiency of either? Not at all.

Old theory had it that nobody could work without the incentive of profit. That theory was never true and the war is proving it false.

Now at the head of this government carrying on the greatest undertaking that ever fell to the lot of men. Their primary purpose, of course, it to win the war. But nobody believe they would be less efficient if we were at peace?

Who believes so? We shall some day have an opportunity to test them. When peace comes the railways and other industries will still be in control of the government. Mr. McAdoo, even as now, have no possible satisfaction for his labor than the salary of a cabinet officer. Is it not true that with the coming of peace he will let the railroads go to the dogs?

Mr. Burleson will loaf on his job as manager of the telegraphs and wires? Not at all. Each will endeavor to do the very best he can. In the hope of great personal gain? No. Merely to serve the public and thereby hold its esteem and derive the great pleasure that comes from the consciousness of work well done.

IS this the only way to get a station in America—the only way to get

into the only aristocracy that the people recognize as worth anything. One can now pick out some of the statues that will be reared in America during the next fifty years. President Wilson will surely look out in bronze from every great city in the world and many a small one, not because of blue blood or yellow money, but because of what he has done, is doing, to serve others. Edison's name will be revered in America ten centuries hence.

Mr. Schwab himself will be remembered as a shipbuilder who nullified the submarine long after he has been forgotten as a multi-millionaire and a manufacturer. A statue of Henry Ford, somewhere in Detroit, will long remind those who live in or go to Detroit that, once upon a time lived in that city a workingman who, coming to great wealth in middle life, turned back to other workingmen tens of millions they had earned.

The best thing about Mr. Schwab's remarks about the passing of old aristocracies and the coming of a new one is that he recognizes what has taken place. If he recognizes that the change has come, the rest of the rich may soon do so. Mr. Schwab's discovery shows he is thinking. It is a good habit—one not too much used before the war either by the rich or by the poor. The poor thought only of their individual poverty which never gets a great group anywhere. The rich too often thought chiefly of how they might become more rich which is as great a folly as to try to proceed individually from poverty to comfort.

We should set up in this country—and the whole world should set up—new standards from which we may derive new aspirations. All Americans should set up for themselves the same standards that wise Americans have always had. We should compete not for wealth but for an opportunity to do useful work well. Does anybody suppose there was ever any other kind of competition between Edison and Marconi? Men of this class exult when one of their kind opens a new door to

knowledge and thus serves humanity. Edison doubtless would have given every dollar he possessed if he could have beaten Marconi to the door of wireless telegraphy, while it is equally probable that Edison would not have been at all interested in the money that came to Marconi as the result of his invention.

NOTHING is more stimulating than competition in achievement, nor is anything more worth while to the community. But it is necessary to see the point in order to act upon it. Rich men in the past have not seen it. Now that Mr. Schwab sees it, it is to be hoped that others of his class will realize that the only real thrill comes when one gets out of the realm of competition for wealth and gets into the realm of competition for high places in public service.

Once the grab-game is done away with, this world will speedily become a better place for us all. What the world is chiefly suffering from is ignorance. Ignorance may be likened to a desert. Money may be likened to water: A moderate amount of water turned upon a desert will make it bloom, while an immoderate amount will convert it into bog. A moderate amount of money will provide education and comforts for a family, while too much money menaces the initiative, the ambition and the usefulness of the rising generation.

What a very little money will do is illustrated by the little city of Gary, Ind. This town was made by the steel trust. A few years ago it was perhaps the most forbidding collection of shacks in the United States. Workmen and their families were huddled into little sheds roofed with tar-paper, in which they sweltered in summer and froze in winter. There was not a tree in the town or a paved street or anything but visible, shrieking sign of poverty and misery.

GARY is looking better now. A little of the wealth that the steel workers have produced has been put back into the town. Trees are still scarce, and

the city lies flat on the prairie, but there are miles of broad paved streets, many blocks of good business buildings and many comfortable houses. The few tar-paper shacks that remain seem almost apologetic. I take it that the steel workers do not own the business blocks, and they may not own the houses, but there is at least a town at Gary and money made it. Children now born in Gary have a better chance for their lives, and workmen and their families are better situated. The workmen do not own the homes and cannot afford to own them; it would manifestly be better if they were able to own them. If the government ever takes over the steel mill and increases the wages of the workers as it has increased the wages of railway workers Gary will be a still better place in which to live. This is true of every other industry.

Good luck and long life to Mr. Schwab and men like him. Their eyes are opening to the possibilities of a new world—a world in which there will be competition worth while—competition for an opportunity to be of use to other men and to serve them. They would serve nobody for money.

—The New Appeal.

EUROPE'S EDUCATIONAL MESSAGE TO AMERICA.

For Mayors, Members of School Boards and Other Public Officers

Every public officer intrusted with the support of public schools should know that Europe's lesson to the United States as a result of the war is to keep the schools going; to make education during and after the war better and more effective than it has ever been. There are before us now just two matters of supreme importance. To win the war for freedom, democracy, and peace, and to fit our schools and our children for life and citizenship in the new era which the war is bringing in.

P. P. CLAXTON,
Commissioner.

BOOK REVIEWS

BOOK REVIEWS.

ND-BOOK ON THE NEW THOT, by Horatio W. Dresser, published by Putnam's Sons, New York and London. 263 pages. Price \$1.25 net. In this book the author points out the weaknesses of New Thot cults and presents a philosophy that will put New Thot upon a rational basis. Psychology is recommended to displace metaphysical speculations that have held too prominent a place in New Thot beliefs. All thinking people will find this book well worth reading; it points the way to a more rational philosophy of life.

THE HARMONIAL PHILOSOPHY, by Andrew Jackson Davis. 428 pages. Price \$3. The Marlowe Co., Chicago. This volume is a compendium of the best of, all the works of the author, consisting of 30 Vols. These books have been in print for about four-fourths of a century and have been popular with people interested in all religious lines. Mr. Davis was known as the "Seer of Poughkeepsie." He claimed that these books were dictated to him thru inspiration. Persons who wish to take the suggestion seriously: "Prove all things, and hold fast the good," will now be able to investigate the Harmonial Philosophy of Davis by reading a single volume. The reviewer has met persons who formerly thought that death ended the conscious existence of human beings, but after reading the Harmonial Philosophy of Andrew Jackson Davis were converted to a belief in a future life. They confess that their happiness was increased many-fold by the changed attitude toward life caused by the reading of these books. Such development of thought while and is a strong recommendation for an author.

PUBLIC SANITATION AND OTHER PAPERS, by Dr. Clement A. Whiting. 336 pages. Price \$3. For sale by Dr. Louisa Burns, 721 Mound Ave., South Pasadena, Calif. Dr. Whiting was Chairman of the Faculty of the Pacific College of Osteopathy, Health Officer of South Pasadena, and one of the most active officers and members of the Southern California Academy of Sciences. The reviewer was intimately associated with Dr. Whiting at the Pacific College of Osteopathy and admired his humanitarian attitude toward his fellowmen. The tolerant, liberal spirit that was characteristic of Dr. Whiting is noticeable in the book written by him. A copy of this book should be in the library of every physician. Such books will help to change medical sectarianism into medical science. There is much in this book that should form a part of every person's education. The money received from the sale of Dr. Whiting's book is given to promote the work of the A. T. Still Research Institute, conducted by the Osteopaths. Dr. Whiting's rational views on health-culture explained in this book should appeal to all sensible practitioners and laymen.

YOUR CHILD TODAY AND TOMORROW, by Sidonie Matzner Gruenberg. 234 pages. Price \$1.25 net. J. B. Lippincott Co., Philadelphia and London. The book contains valuable suggestions on punishment, lies, fear, imagination, obedience, will, reasoning, ideals and ambitions, work and play, social activities, adolescence, heredity, etc. The book is helpful to parents in solving the problems of child-training. It would be much more valuable to parents if it were based upon the Gallian system of mind-study; the psychology of the schools does not give a correct analysis of the mental powers, but the

author of this book has used it in a more practical way than usual.

. . .

THE SCIENCE OF HUMAN NATURE, a psychology for beginners, by Wm. Henry Pyle. 229 pages. Silver, Burdette & Company, Boston. The book is intended for young students in high schools and normal schools. The title of the book is good, and in it orthodox psychology is treated in a popular way, but there is very little in the book that will help the student analyze his own powers or study others thru observation. If the author in future editions will use the analysis of human nature given in Riddell's Human Nature Explained, he will increase its practical value several hundred per cent.

. . .

HEADS, FACES, TYPES, RACES, by V. G. Rocine. 327 pages. Illustrated by nearly 300 drawings and photographs of extreme phases of character. Price \$2. Vaught-Rocine Pub. Co., Chicago, Ill. This book has many characteristics in common with Vaught's Practical Character Reader, but besides, shows a strong individuality. It will not be as helpful to the beginner in the study of human nature as to students who are familiar with the elements of mind. As the author bases his work upon the Gallian psychology his analysis of mind is much more practical and helpful than any of the psychologies that are used as texts in schools and colleges. This is a practical book on character study.

WHAT THE GOVERNOR OF GEORGIA SAYS OF AUTO-THERAPY.

.. "To the People of Georgia: Health is fundamental to all success. The prosperity of our State, in the last analysis, depends upon the bodily vigor of its citizens. This is a self-evident proposition—a premise which every right-thinking man must admit. Without good health as an asset, our people cannot meet the severe physical and mental requirements of the times.

There is no place for the weakling in these strenuous preparations.

"It is not one whit less important to preserve our vital forces than it is to conserve our food-products. We cannot do our bit or contribute our mite without the self-command which comes from good health. Science has demonstrated beyond cavil that many diseases, now wantonly wasting the lives of human beings, can be successfully checked. The number of 'ills that flesh is heir to' has been greatly increased by a disregard of natural laws. To reduce this sum, there must be a return to the simpler and saner habits of life.

"And now let us not forget that health is a necessary part of War, that without Perfect Health we are never equipt for the Battles of Peace. Puny muscles, weak backs, defective lungs, flat feet, flabby hearts and lack of vital force never will produce Success in any sphere of life. If we are to learn any lesson from the struggle of Right against Might, it is that **it is well to be well all the time.**"

FRANCE.

"Do not let the needs of the hour, however demanding, or its burdens, however heavy, or its perils, however threatening, or its sorrows, however heart-breaking, make you unmindful of the defense to to-morrow, of those disciplines thru which the individual may have freedom, thru which an efficient democracy is possible, thru which the institutions of civilization can be perpetuated and strengthened. Conserve, endure taxation and privation, suffer and sacrifice, to assure to those whom you have brot into the world that they shall be not only safe but a happy place for them."—France's message reported by John H. Finley, Commissioner of Education of New York State in his Report on French Schools in War Time.

The less people speak of their greatness, the more we think of it.—Bacon.

INFLUENZA

a number of weeks the Spanish influenza has exercised a tyrannical hruout the civilized world. If it been limited to the impoverisht ries of Europe the surprise would ve been so great, but in every part e United States, where the people upposed to have the necessities omforts of life, the pestilence has d much sickness and many deaths. The medical profession has long t the people that contagious dis- are preventable, but orthodox ine has not won any laurels in ntng influenza nor in its methods ating it after it came.

e war has brot to the attention e Americans that we have been a eful and extravagant people. Con- tion has been preacht during the s never before. We have not only wasteful in money matters and the products of Nature, but there een a lack of intelligence in pro- g the essentials that produce h and vitality in human lives— est immunity that we can possi- ave. Human conservation should ade one of the first essentials in ducation and training of every n being.

ere are too many who have not as much attention to the build- f their own lives as to accum- g fortunes. Some of these have eparated suddenly from the ac- lations of a lifetime. It some- requires a hard jolt to make us . When doctors see how helpless are with all their serums and uated notions learned in medical ges, it is likely they will seek for rational methods of preventing se and healing the sick. Many rs have been sure that if we d "swat the fly," "kill the mos-," and inject poisonous serums he life-current, all disease would

be overcome. They have another guess coming.

One-hundred years ago, Dr. Benjamin Rush, the most eminent physician of his time, said: "Could we lift the curtain of time which separates the year 1847 from our view, we should see cancer, pulmonary consumption, appoplexies, palsies, epilepsy, and hydrophobia struck out of the list of mortal diseases, and many others which still retain an occasional power over life, rendered perfectly harmless; **Provided**, the same number of improvements shall be made in medicine in the intermediate years as have been made since the year 1776."—"Medical Inquiries," Vol. 4, page 249.

Ask any doctor whether this prophecy of Dr. Rush has been realized, and yet how the medical profession boasts of the marvelous progress regular medicine has made.

A few years ago when infantile paralysis created as much fear in some parts of America as the influenza has now, regular medicine was helpless. The medical profession was waiting for a doctor in the Rockefeller Institute to find the germ that was supposed to cause the disease and then to discover a serum that would kill it. Osteopathy and other scientific systems of practice were bringing relief to the children where they were given an opportunity. The impotent regular medicine, which thru the lobbying of political doctors has received a monopoly of practice thru State legislation, was the "dog in the manger;" it could not cure infantile paralysis, but stood in the way of those who could apply a rational cure.

A few more experiences like influenza and infantile paralysis will open the eyes of the people to the impotency of the medical monopolists of America. Faith in drug medication has suffered

a great shock during the past 25 years, but today serum therapy is the God that regular medicine worships. One hundred years ago blood-letting was considered as much of a panacea as serums and vaccines are now.

In "Lectures on Blood-Letting," by Henry Clutterbuck, M. D., published in 1839, the following statements are found on pages 18 and 26: "The merits of blood-letting have been fully recognized by the most observant, as well as the most experienced, physicians." "I remarked at the outset, that blood-letting ranks among our most effective agents." "Few, in the present day, are so hardy as to deny altogether the usefulness of blood-letting, nor even the absolute necessity for it on many occasions; for to do this would be to fly in the face of almost universal experience." "Blood-letting may be considered in three points of view—as curative, as palliative and as preventive; and in all these respects it is important." How many regular doctors practice blood-letting now as a "preventive, palliative, or curative"?

Unfortunately the fashions in medicine are no more fundamental than the fashions in millinery. Many of the practices sanctioned by the most eminent physicians are a disgrace to the profession. The practices of today will not be any more in favor with the profession and people in a half-century than blood-letting is today. This worship of false medical ideals keeps the profession and the people from doing the things that will prevent disease and that will heal the sick.

Dr. Charles H. Shepard, one of the most rational physicians of America, had an article published in the "Journal of American Medical Association" a few years ago in which he said: "The use of vaccine, tuberculine, anti-toxin, and even animal extracts, has been found to be attended with disadvantages. The most desirable in the list of artificial remedies seems to have some drawback, and tho the search has been long and diligent, success in finding a panacea is as far off today as it was a

hundred years ago. The mere list of fads that have had their day, to be laid aside for new ones, would fill volumes."

The saddest thing connected with this medical experimentation is that it stands in the way of correct methods of human conservation, and resulting from this experimentation there is such a tremendous loss of human life. Dr. Austin Flint in "Medicine of the Future," says: "The medical profession will have realized a high ideal position when the physician, guided by his knowledge of diagnosis, the natural history of diseases, and existing therapeutic resources, may, with neither self-distrust nor the distrust of others, treat an acute disease by hygienic measures without potent medication."

Influenza, infantile paralysis, etc., furnish the people and the medical profession an opportunity to see the virtues and weaknesses of current medical practice. There are many progressive physicians who are aware of the impotency of prevailing medical theories and practices; such are in the vanguard seeking for better things and are trying systems that have not yet become orthodox, but are effective in restoring the sick to health after long courses of treatment by regular medicine have failed. Some of the non-drug remedies have been adopted by regular medicine. If a few more of the remedies were adopted influenza and infantile paralysis would be treated more successfully.

RESPONSIBILITY FOR CRIME.

"Only the normal man is responsible for crime, because of the fundamental conditions of his being and of his physiological and psychic development: conditions which he does not meet in nor receive from society, but carries in his anonomous constitution and inner atmosphere. But who is the normal man? Is the normal the ideal or the most common? And in either case, where is the ideal or the normal?"—Page 149, "Modern Theories of Criminality," De Quiros.

Concentration---The First Step to Self-Culture

By W. J. Colville

concentration is meant a discipline to rivet one's entire attention and keep it definitely centered on a given and well-selected object. It is among all the many requisites of a spiritual culture of an ennobling kind that must be placed perfect healthfulness of mind and body. Whatever savors of eroticism in thought or practice must be rigorously excluded from the exercises performed with the end in view of giving free expression to latent psychical endowments. To be normal is well, to attain to supernormal is still better, but abnormality is never to be desired. The tendency to hysteria, neurasthenia and other related nervous troubles does not result from the proper cultivation and recognition of psychical gifts, but from the misuse thereof.

To concentrate the mind upon an unwholesome object or depraving object is to rise unwholesome, and while the wrong side of a subject can be demonstrated equally with its right side, it is as futile to urge that because of suggestions are certain to produce unhealthy consequences to those who are subjects of them, therefore to suggest in its entirety is as dangerous or erroneous as the others.

Concentration of mental gaze without a physical assistant is quite sufficient, but in order to simplify the process whereby this may be brought about, we readily acknowledge the relative value of external aids, to facilitate the mental processes. Concentration is easier in proportion to the amount of affectionate interest felt in the object upon which the mental gaze is directed; therefore it matters not whether the object steadily dwelt upon is a person or a theme; exactly in proportion to the regard you have for him, it will be the facility with which

you can concentrate your attention thereupon. All purely artificial aids to concentration are useful, because they serve to attract the attention away from what might otherwise cause disturbance.

Never attempt to perform the impossible feat of fixing your attention upon nothing, for the very word conveys no intelligent idea to the mind.

The habit of concentration can be perfected either by contemplating some definite form, such as a tree, landscape, a bird, a flower, a work of art, etc. Or, as Mr. Wood proposes in "Ideal Suggestion Thru Mental Photography," by holding a sentence within easy reach of the eyes, especially if this sentence be emblazoned on the wall in an attractive manner, and particularly if an illumination be resorted to so that the letters stand out like gas jets or electric lights. Upon these aids to concentration we do not attempt here and now to dwell; and we doubt not that all who are specially interested in that phase of the subject, which is rudimentary, only, will experiment to their own satisfaction in the best way they can.

It is with the more interior aspects of the question we desire to deal more fully, and as an introduction to those, and they are several, we must insist that so soon as the student and experimentalist has past beyond the actual need for such external helps as we have briefly called attention to, he or she will be soon able, with a little steady daily practice, to picture out in pure mental imagery whatever conveys most clearly the state sought after by the aspirant for development.

Just as on the outward plane of sense where all things are finally ultimated in expression, colors, forms, sounds, odors, flavors, textures, have each their special meaning and contribute directly to the inducements of particular states of feeling, so on the subjective or psy-

chic plane mental picturing of corresponding forms, etc., will surely accomplish the same result as tho the external shape of these thot-forms were presented to the physical eye. If you feel at any time that you would be rested, encouraged, or in any way benefited by contact with certain colors or scenes then close your eyes and picture mentally exactly what you would most like to have around physically. Determine to see only what you wish to see, hear only what you desire to hear, and so on thru the entire range of perceptive faculties.

If this exercise is a little difficult at first, it will soon become easy and delightful, and provided always that you are wise in your selection of chosen objects, you will find benefit in every way accruing from this exercise. It will not be long if you follow this course resolutely before you will be undisturbed in a noisy crowd, no matter how sensitive and delicate your organization may be, for when we have once learned to hold our own in the midst of circumstances of all sorts, we soon become susceptible to the esoteric truths taught in all bibles regarding the efficacy of faith, prayer, fasting, and all other means recommended for the culture of inner self and for regulating at our will our relations with the Universe about us.

Material Helps

To steadily concentrate the mental gaze upon an object or to hold persistently to the inward pronounciation of a forceful word is to invoke association of the most intimate kind with the reality which lies behind the chosen symbol. "Call upon me and I will answer," is a sentence which philosophers may well attribute to every plane of consciousness in the Universe, and when we are informed in the Scriptures that whatever we seek with our whole heart we shall surely find, we are but reminded in the tersest possible language that whole-hearted, undivided devotion to any object secures our union with it. Love is the impelling force everywhere. Love is the infinite

creative agent by means of which things are fashioned, for out of springs desire, aspiration, courage, terminate resolve; in a word, all can enable us to carry projects to effect.

Among the numberless sentences which contain volumes of meaning we owe to Swedenborg, we know of which contains more wealth of truth than the following: Thot Gives Power; Love Gives Conjunction.

We bring into our presence whatever we go into the presence of whatever we put our thots upon; but what we become, for the act of loving is the cause of becoming.

THE FALIBILITY OF DRUG THERAPY IN TEXT-BOOKS.

From the Journal of American Medical Association

Until very recently we were compelled to acknowledge that little, if any, progress was being made in medical science, so far as drug therapy was concerned. Everybody knew that the progress made in other branches of medicine, in bacteriology, in pathology, in biochemistry, in surgery, in etiology, in the application of technical methods to diagnosis. Recently, however, pharmacologic research and the application of scientific methods in the study of the physiologic action of drugs are resulting in definite, positive progress. An important lesson, incidentally learned thru this scientific investigation, is the falibility of the drug therapy prescribed in text-books. The explanation, of course, is that many of these books are mere compilations containing false statements, unproved theories, and unverified clinical evidence representing guess-work of amateur and uncritical observers. Many drugs have been, and still are, vaunted in text-books as valuable in a variety of conditions, whereas scientific investigation and controlled clinical observation have proved them to be of little or in an extremely limited number of conditions. The sooner writers of text-books realize this fact and enter

the spirit of the new era, the better for the public and for scientific medicine.

TOBACCO WORSHIP.

Everybody is going wild over sending tobacco to our soldiers. Even the Red Cross has taken up the matter. Why should we expect anything different, however? The Red Cross is in sympathy with regular medicine, and regular medicine is germ-crazed to such an extent that there is nothing which produces disease except germs. It won't hurt our boys to smoke; it won't hurt them to drink; it won't hurt them to break their nervous systems down in any way, just so they are chuck-full of bug-juice to antidote the influence of germs.

Is the world losing its common-sense? What about our little boys and little girls who are growing up now? Their mammas who belong to the Red Cross are advocating sending tobacco to the boys in the trenches to console them while they are shot. Have they got the nerve to turn around and tell their little boys, seven or eight years of age, that they must not smoke cigarets?

I am in favor of national tobacco prohibition. I am ashamed to say that my profession is almost wholly to blame for the use of tobacco in America; and many of the members of the medical profession—I say many, but it is the majority—smell like the bottom of a pipe. And then they pretend to be able to cure disease. Bosh!—J. H. Tilden, M.D. in "Philosophy of Health."

THE STRIDES OF SCIENCE.

By James J. Montague

When our aged Uncle Amos lost his appetite and smile,
We were told by our physician: "Try deep-breathing for a while.
It will tone the old man's system, and you'll speedily observe
An astounding restoration to his old-time pep and nerve,"
So we put him over hurdles and we took him out for sprints,
Tho it wrung our very heartstrings

when we saw him droop and wince.
But we felt that it was better not to give him any rest
Till the tonic from deep-breathing put more ginger in his chest.

Yesterday the doctor told us, as he showed us to the door,
That the deeper breathing doctrine isn't practict any more.
"Scinece has advanst immensely," he explained, "and I may state
That the cure I indicated has been found quite up to date.
Give your Uncle Amos tonics; always keep him off his feet—
Breathing deeper than is normal is extremely indiscreet."
We were much imprest by hearing what the doctor had to say,
But, unluckily, our uncle Thursday week had past away.

When our grandsire took to eating apple pie with melted cheese
He was taken down with symptoms that disturbed our peace and ease.
So we went to see our doctor, who declared: "That sort of diet
In a man well past his eighties should not cause the least disquiet.
Let him eat just what he wants to; it is nonsense to suppose
That the food which he's been taking is the reason for his woes."
And, tho still a trifle doubtful that the plan might go awry,
We went home and gave dear grandsire still more cheese and apple pie.

Yesterday the doctor phoned us that since science had progreest
It was held that sheer starvation in such cases was the best.
"Keep all victuals from your grandsire, every single thing," he said.
"If he eats those things you spoke of, in a fortnight he'll be dead."
So, the while our troubled conscience clave our bosom like a knife,
Home we hurried, fondly hoping we could save the old man's life.
But he muttered, "Dern them doctors! I will eat jest what I please."
And at ninety he's still thriving on his apple pie and cheese.

The Character Builder

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EDITORIAL

TO READERS OF THE CHARACTER BUILDER.

The long quarantine caused by the Spanish influenza has been such a handicap to us in many ways that we find it necessary to combine the issues of the Character Builder for November and December. The war greatly increased our burdens, but we could have managed very well if the "flu" had not come. Our readers have always been considerate when irregularities have occurred, and if you will be indulgent at this time we can assure you that in the near future our service will be greatly improved. Never before in the history of the Character Builder has it had as many and as capable workers giving their time to it as at present. Now that peace has come there will be great need for character building and we hope to add our might to the great work of the "Federation of the World," thru the Character Builder. Our success in this effort depends upon the co-operation of the subscribers. It is a long time since the cost of publishing a magazine was as high as at present. Every dollar sent for a subscription

helps. One-thousand renewals now would be a great help. A year's subscription to the Character Builder would be a suitable New Year's gift to a friend.

Yours for human conservation,

The Publishers.

PEACE.

It appears that the war for democracy, justice, liberty and human brotherhood is over. Wonderful adjustments are taking place in European countries. Governments of the people are taking the place of governments by kings and emperors. In some countries the adjustments are being made with little difficulty; showing that a large per cent of the citizens have been thinking and planning in terms of democracy, so that as soon as the tyrants over them were removed they were prepared to organize intelligently.

The future success of a world democracy will depend upon the lives lived by the individuals that constitute the social organism. The highest interest of the individual is inseparably connected with the welfare of the community, and of humanity as a whole. Will the selfishness that has retarded the progress of humanity, individually and collectively, be given up voluntarily? The profiteers in times of peace and war may hold as firmly to the advantages they have gained as the kaiser and kings of Germany held to their thrones. But the kings are being dethroned and democracy established, and if the profiteers do not make the mental adjustments in themselves necessary to deal more justly with their fellow-citizens they may be compelled to change their habits. Democracy and brotherhood cannot exist where greed and injustice rule.

Much is being said about reconstruction following the war. It will require the best effort of every citizen to do the reconstructing in a way that will be for best good of all. The supreme effort that has been made in this war for democracy and humanity must be con-

tinued in constructing from the imperfections of the past an internationalism that will develop right relationships between the citizens of all the world. Selfishness, greed, avarice, theft, tyranny, and other malvolent motives must give way to love, justice, generosity, unity, harmony, and other motives that result in the normal unfolding and development of human powers.

Permanent peace will not come before there are right relationships established between all the citizens of the **United States of the World**. This is no time for shirkers or slackers. This is the time to put the shoulder to the wheel and push along all movements that will result in establishing human brotherhood and a world-democracy.

REFLECTIONS.

The world being a mirror, you see,
Reflecting what I am,
Reflects the thots I am thinking,
The thots my inner soul is drinking.
And just what I am
Is just what I see.

What say the thots in my mirror's reflection?
Do they speak of good or ill, beauty or imperfection?
For just what I am
Is just what I see.
For the world is a mirror,
Reflecting my soul to me.

Does my mirror reflect the goodness of God to man?
Or does it reveal of love or hate, cheery greeting or envious ban?
For just what I am
Is just what I see.
For the world is a mirror
Reflecting my soul to me.

Does it reveal the innocence of childhood's simple play?
Of God's beautiful sunshine, making glorious this day?
For just what I am
Is just what I see.
For the world is a mirror
Reflecting my soul to me.

Happy indeed the glorious hour, if I stand thus revealed,
Fulfilling God's great command, to love all men, and dumb beasts afield;
For thus He shows to you and I,
Whether ours is the good or evil eye.
For in the world's mirror-like reflections,
He shows us our goodness or imperfections.

—A. J. ORMEROD.

THE BETTER PRAYER.

I thank thee, Lord, for strength of arm
To win my bread,
And that beyond my need is most
For Friend unfed.
I thank thee much for bread to live,
I thank thee more for bread to give.

I thank thee Lord for snug-thatcht roof
In cold and storm,
And that beyond my need is room
For friend forlorn.
I thank thee much for place to rest,
But more for shelter for my guest.

I thank thee, Lord, for lavish love
On me bestowed,
Enuf to share with loveless folk
To ease their load.
Thy love to me I ill could spare,
Yet dearer is thy love I share.

—ROBERT DAVIS.

SUBSCRIPTIONS.

To Our Readers:

Please note the figures following your address on the Character Builder. If your subscription to the Character Builder expires with this issue, the figures will indicate it: 12-18 meaning 12th month of year 1918. We appreciate your support and hope to have your renewal at once. Many magazines have advanced their subscription price in these days of high cost of living, but the Character Builder remains the same, \$1 per year. Let us hear from you soon.

THE CHARACTER BUILDER LEAG.
1627 Georgia St. Los Angeles, Cal.

HEALTH DEPARTMENT

Edited by C. Peterson, M. D., Supt. Healing Department California Health School

EDITORIAL NOTE.

In this department we shall give the life-essentials that keep people well, and the best methods of self-healing and caring for the sick. Health can be made more universal by living nearer the laws of nature. It is natural to be well and unnatural to be sick. We suffer from sickness because our ancestors for generations have been violating the laws of life, and we are not as careful as we should be in observing them. Intelligent scientists and physicians now recognize that disease is preventable.

In this health department we hope to be helpful to all our readers. If any of you have questions on health that are of general interest, send them to us and they will be answered in this department. Our only aim is to give helpful service. Our only guide is the truth as we see it after years of experience as a practicing physician. Among the thousands of books in our Human Culture Library are the works of the best authorities of all scientific systems of healing; if you ask questions on health subjects that have not come in our personal experience we shall be glad to give you the best information we can glean from these authorities.

The truths of life are so simple that we often pass them by without noticing them. When these truths are presented in such technical language that few persons know what the author is trying to say, he often gets the reputation of being very learned. We have no desire to win such a reputation, and shall present the truths in as plain language as possible that can be understood by everybody. If any of our readers find exceptionally good things

on health we shall be pleased to let them send them to us. In the health department we can call the attention of a few thousand progressive readers to the good things you send. Address all the communications for this department to the editor.

C. PETERSON, M. D.

625 Hope St.

Los Angeles

HEALTH.

Health, brightest visitant from heaven,
Grant me with thee to rest!
For the short term by nature given,
Be thou my constant guest!
For all the pride that wealth bestows,
The pleasure that from children flows,
Whate'er we court in regal state,
That makes men covet to be great.

Whatever sweet we hope to find
In love's delightful snare;
Whatever good by Heaven assigned
Whatever pause from care;
All flourish at thy smile divine;
The spring of loveliness is thine,
And every joy that warms our heart
With thee approaches and departs.

—ROBERT BLAKE

THE WEALTH OF HEALTH.

David Paulson, M. D.

We should make it a part of business to enthusiastically adopt direct methods in the physical, intellectual and moral development of the human organism, which is the masterpiece of all created works, or else we shall soon be a part of the great procession that is marching toward the mature graves. A large proportion of those who live are drifting along the life of miserable invalidism.

Insanity is increasing three times

faster than our population. Consumption, which was comparatively rare a generation ago, now weeds out one-third of the adult population. There are 50,000 people in the great State of Illinois who are coughing their lives away with this one malady. Typhoid fever, which is an entirely preventable disease, wipes out nearly 50,000 of our people each year.

The majority of the twenty-seven million cases of illness in this country the past year is a legitimate harvest ripening from colossal ignorance, criminal carelessness, and stupid indifference to natural laws.

In the advertising columns of our popular magazines may be seen in display type sometimes a dozen or more advertisements of morphine, cocaine and other drug-habit cures. It has been estimated that there are a million drug slaves in this country, and last year we used fifty grains of opium for every man, woman and child in this land, as compared to twenty-ei- grains for each in China.

A host of similar facts might be presented to show that it is no fanciful dream, that there is something radically wrong and that public conscience must be aroused on the subject of cultivating intellectual, moral and physical health.

We are developing a class of sedentary men whose life is being undermined by indoor life and lack of active exercise. The average business man is a physical wreck at the time when he should be in the very prime of life. Every intelligent physician knows that our mothers, daughters, and wives are sacrificing their health and happiness in their efforts to make their bodies fit their clothing instead of adapting their clothing to fit their bodies; and the prevailing wretched ill-health of their children testifies to the far-reaching results of this state of things. An official investigation of the physical condition of Chicago's school children reveals the fact that one-third of them

are suffering from some form of nervous disease.

If there were a business investment in sight which was certain to realize ten per cent dividends there would be a rush to take advantage of it, yet the individual can easily add twenty-five to fifty and in many cases a hundred per cent to his physical capacity and endurance, and from ten to twenty years to the best end of his life; but in spite of this fact most people are apparently content to drift along day after day in their present feeble condition, soon to drop into premature graves.

The food that we eat is transformed into bone, blood and muscle, and it should be sufficiently cooked, should be free from all injurious substances, and should contain the maximum amount of nutrition with the minimum quantity of waste matter. It should be palatable and taken at regular intervals, eaten slowly and thoroly masticated, and secured first-hand from the lap of Nature instead of second-hand from the flesh of animals. The honors carried off in feats of physical endurance are invariably earned by those men who subsist upon the natural products of the earth.

The almost magical results which can be secured from a mere dash of cold water in the face of a fainting person can be just as certainly secured for other internal organs when applied to the entire twenty square feet of surface of the body. The short daily cold sponge bath, followed by vigorous friction, acts as a sort of fire alarm to the heart, lungs, liver, stomach and other vital organs, which can scarcely be attained in any other way.

Recent scientific observations have revealed the fact that the constant inhalation of pure air possesses results in marvelous physical restoration. There are a larger number of good honest people who are verily dying from conscious deprivation of pure air than is generally supposed. We must

not be content with merely looking well and feeling well today, we must take into consideration how we shall look and feel ten years from now unless we change our present physical habits.

We teach our children not to mar costly pictures and rare furniture; shall we not ourselves be inspired to properly care for our bodies and endeavor to glorify God in body and Spirit?

MONEY SPENT FOR PATENT NOSTRUMS.

By C. Gilbert Percival, M. D.

Very few of the really intelligent and reading public of the United States have any true idea of the vast amount of patent nostrums sold in the United States every year, and hardly one-tenth of the few who do realize the above facts know or can give fair estimate of the amount of profit made upon the sales of these "cure-alls." One can get a fair idea of the sales and the profits by sizing up, with any kind of an enquiring eye, the vast amount of advertising space taken up in the daily papers and magazines of the country. When to this they add the large amount of printing bills in the shape of booklets, dodgers, billboard advertising, bottles, cartons and street-car signs, the aggregate will stagger them. This will be especially more staggering when it is taken into consideration that this vast aggregate of money only represents a bare 15 or 20 per cent of the sales of these nostrums to the credulous public of America.

The worst feature of the whole nostrum business is that this vast sum of money which is poured into the "cure-all" companies' coffers every year comes out of the pockets of the working class, who can ill afford it and who could spend the money in better food and readable, interesting and instructive literature.

It is a statistical and financial fact that no other commodity but a successful nostrum is sold under conditions so favorable to the owner. It is

also an established fact that a successful and well advertised nostrum is as much a commodity and so listed in the open market as good mining stocks or safe railroad property, and many investors prefer the nostrum stock to either of the other two mentioned, for a well established nostrum never fluctuates like the two mentioned.

Statistics show us that commercial bad times have less influence on a successful "cure-all" than on any other commodity. It is a fact that a certain medicine known wherever the civilized world does business, lost during the recent hard times but seven per cent from its previous highest record of sales, which loss was compensated for by that much reduction in its advertising expenditures, thus paying to stockholders their regular rate of dividends as when times were good.

Patent medicines properly handled and advertised net a large revenue to their advertisers.

Bromo Seltzer stock, which is \$100 per share at par, is now worth \$2,000, and yet ten years ago when first established, much of it was given to druggists to induce them to push the sales. Mr. Emerson, one of its promoters, is now a multi-millionaire.

The two sons of J. C. Ayer, of Lowell, Mass., proprietors of the various Ayer products, are said to draw an income of nine-hundred thousand dollars each a year from the business.

The annual profits of Castoria are put at \$200,000.00; Cuticura at the same; Peruna at twice that amount; Paine's Celery Compound at \$200,000 and the Lydia Pinkham Remedies at \$300,000.

The following shows what the advertising world estimates the good will of the following well-known advertised articles at: Castoria, \$1,500,000.00; Cuticura, \$1,700,000.00; Peruna, \$3,000,000.00; Paine's Celery Compound, \$1,000,000.00; Lydia Pinkham's Remedies, \$2,500,000.00; Smith's Buchu Remedy, \$500,000.00; Ayer's Compound \$5,000,000.00.

Corrective Home Gymnastics

Mary W. Paulson, M. D.

In this twentieth century, with the conveniences made possible by electricity, telephones and machinery, muscular exercise, such as would produce perspiration, is almost forgotten. This condition has much to do with the physical degeneracy of the race. Indolence and less physical exercise comes every evil thing, physically and morally. We can scarcely think of a lazy person being very godly. Without muscular exercise we are certain to have physical decay. The circulation becomes slow, toxins are not picked up or eliminated, the brain becomes inactive, the digestion of food is impaired, muscles become flabby, there is paleness of face, the nerve force is gone and there is a general course of decay. The student in the school who studies without exercise finally fails up.

One lying in bed soon discovers what comes of his appetite. The natural normal way to get a better appetite is to increase the exercise and have plenty of fresh air. Give a person with a pale face a few moments of vigorous exercise and notice the color coming to the cheeks. This demonstrates the stimulation of the circulation produced by the exercise.

The nervous person, or the neurasthenic, needs exercise because all the functions of the body are depressed. When nerve tone is gone the muscle exercises exhilarate these functions provided they are not carried to the point of exhaustion. In rest two-thirds of the blood is in the internal organs; in exercise two-thirds of the blood is in the muscles and skin.

Incorrect Positions and Physical Breakdown

There are several conditions which decrease the value of exercise. First

is that of correct position. Many very serious deformities of the body are produced by certain daily exercises, taken in an incorrect position. Notice the farmer as he is driving to town with his body stooped over, resting his elbows on his knees. As a result a serious spinal curvature is produced which interferes with the full and correct use of the lungs. Incorrect position produces flat chest, round shoulders, protruding abdomen, and spinal curvatures. There is so much said today about prolapsus of the stomach and intestines. These are all caused from incorrect positions which check the development of the abdominal muscles. It is while doing the every-day duties of life, such as ironing, cooking, sewing on the machine, and working on the farm, these incorrect positions are produced which have to do, especially later in life, with physical break-down.

In all exercises where it is necessary to bend forward, the bending should be done at the hips and not in the middle of the trunk. When the bending is done at the hips there is still kept a certain tenseness of the abdominal muscles and a fullness of the chest. Do you wonder why you have a pain in the back of the neck, why you cannot sleep, why you have so much gas on your stomach? In many instances these conditions are brought about by a relaxed condition of the abdominal muscles and therefore a prolapsus of the organs. We often see this incorrect position taken, particularly in sitting at the desk. It starts with the boy and girl in school and continuing becomes a matter of habit, so physical troubles come as a result of these wrong habits.

We feel sorry for the individual who

has a hump in the back, because he does not look nice, but many people have curved spines that do not look particularly bad, but they do not feel good, which really is much more serious than simply the appearance. If your spine is curved try the simple exercise of elevating the body on the balls of the feet, raising the heels with the arms extended straight up beside the head. If at the same time you can grasp a rod with the hands, with the arms extended in this way, and hang from the rod, that will help to straighten the spine very materially. With the arms extended forward and keeping them straight beside the head, take every day a little exercise of bending forward at the hips, keeping the arms straight up beside the head. Bend forward as far as possible, repeating it several times. This will develop the abdominal muscles as well as the back muscles, and increase the capacity of the chest.

The results of exercise are often retarded by improper clothing. Tight belts and other constricting clothes at the waistline interfere with the development of the abdominal muscles and with full respiration. They shut off the lung capacity, prolapse the stomach, and do not beautify the figure.

There is no better exercise than walking, but often this can produce physical harm to the individual. Walking should be vigorous, but of course not to the point of exhaustion. It should be done out of doors. Energized walking increases the circulation and the activity of the other functions of the body. Relax walking tires, accomplishing but little good. Walk with the chest up, the hips back.

The Best Liver Tonic

Many people have inactive livers and they resort to this dope and that dope to whip up the liver, when the very best tonic they could give the liver is proper

exercise to cause the blood to pass thru the liver more quickly.

Begin with a chair on the floor in front of you and carry it around, either to the right or to the left, then to the back of the body, bending the body at the waistline with the carrying of the chair.

Ironing Board Gymnastics

Possibly already you have prolapsus of the stomach and inactivity of the intestines. To help this condition you need some corrective exercises. These are best taken after placing the body in position so there is a slant from the toes to the waistline. Put an ironing board across the foot of the bed and place the body upon the ironing board so that from the waistline to the toes there is a slant upward. This gives a chance for the abdominal viscera to fall toward the head. The clothing of course must be loose, in taking these exercises.

Then flex the right knee upon the abdomen, repeating it from five to ten times. Take the same exercise with the left knee, then flex the right limb straight upon the abdomen, repeating the same with the left limb, and then as you get stronger bring both limbs together upon the abdomen. You will find that the muscles of the abdomen are wonderfully strengthened by this exercise and at the same time you will replace your prolapsed organs.

These simple methods which here are given you will aid you materially in correcting your spinal curvatures, the flat chest, inactive liver, and prolapsus of the abdominal organs, so you will earn health, and it is the **only way** in which you will earn health. There are do "drops" on the face of the earth which you can take that will produce the same results. Be very careful not to exercise to the point of fatigue or exhaustion, as you then get more toxins in the blood than can be oxidized or eliminated and the benefit of the exercise is lost.

MENTAL HYGIENE

By D. A. Gordon, M. D.

The discipline of emotions of the mind is a matter which clearly comes within the scope of mental hygiene, since by the abuse of them the bodily health and the integrity of the mental structure may be seriously compromised and even death itself produced. He enjoys the best health and lives the longest life, who, other things being equal, maintains the greatest degree of mental poise and is the freest from violent emotions, whether of pleasure or pain. An excess in either direction produces exhaustion of the nervous system and debility of the physical powers. We have known several instances of catalepsy resulting by immoderate joy or the shock of sudden and unexpected news of a pleasureable or disagreeable nature. In hysterical, epileptic, or apoplectic people, the indulgence of powerful emotions has been known to produce dangerous symptoms. Violent anger sometimes develops jaundice or gives rise to melancholy and not infrequently to a paroxysm of fever. In sensitive persons anger dis-orders all the functions of organic life. It frequently poisons the blood as effectively and with far greater dispatch than poisonous drugs. The secretions are liable to become vitiated from this cause and the milk of mothers is sometimes rendered unwholesome thereby to such a degree as to seriously effect the health of their babies. Madness is not an infrequent effect of violent rage and examples of sudden death from that cause are quite numerous.

The influence of fear is no less potent for mental mischief than anger. Many instances of sudden death from that emotion are on record and its effect upon the color of the hair is no-

torious, the blackest hair having been known to turn quite white from that cause in a few hours. Animals likewise suffer from the same emotions. We have known canaries to be instantly killed by a cat leaping toward the cage in which the birds were confined, and Mr. Young, in the *Edinburgh Geographical Journal*, relates the case of a black-bird prostrated by being frightened by a cat. Its feathers subsequently fell off and were renewed but the new ones were perfectly white, thus producing the rare paradox of a white black-bird. Convulsions and imbecility have been caused by fright as also have paralysis and apoplexy. Insanity is a more frequent effect than either. Young children are extremely susceptible to this emotion and their tender minds should be carefully guarded from its depressing, ruinous effects.

Many temperaments suffer from the influence of excess of joy. The door-keeper of Congress is said to have died from joy on receiving the news of the surrender of Lord Cornwallis' army. The famous Fouquet, says Wenslow, died on being told that Louis IV had restored him to liberty. Zimmerman, in his experience in physic, relates the case of a haughty lady, who, becoming reduced to extreme poverty, died in consequence of being presented with a rare and valuable jewel. Quite recently a man in New York City in indigent circumstances went mad and blew his brains out upon learning that he had become heir to a fortune.

The emotion of grief is a powerful depressor of the nervous functions. Joy may shock or paralyze the infirm but a real heart grief withers and breaks the stoutest of constitutions. Grief dries the fountain of interest and sympathy which was designed to flow out toward all mankind and contracts

THE CHARACTER BUILDER

the universe into a shell of which its victim is the center and chief personage. Numerous remedies have been recommended for the effects of this emotion.

The most efficacious remedy, however, is diversion. The mind must be taken off its object of sorrow and diverted to new scenes and objects. Awakening new interests on which the mind can exercise its powers freely and fully is the most effective antidote to a grief that would otherwise be incurable. Some of the lower animals are subject to this emotion and not infrequently they have been known to pine away and actually die from it.

The effect upon the mental function is analogous to grief. Nothing is more wearing than the fear of an impending evil. I have known parents to grow gray and live years in a month watching over the fate of a favorite child, and if death was averted to sink into exhaustion and slow fever. The fear and apprehension of misfortune is far more weakening to the vitality, if prolonged, than the sudden on-set of the greatest calamities. An individual may receive or re-act from the latter, but the former checks life's warm current and dries the very bones. Some idea of the strength of this emotion may be had from observing its influence upon grief and its concomitants. An instance of almost helpless hysterical debility in a mother came under our observation which was stimulated into convalescence by the awakening of anxiety for the safety of one of her children.

Hysteria is often cured, as it is caused, by fright. Madness also has sometimes yielded to the influence of that emotion. Indeed, diseases in general are strongly influenced by all the emotions. Even rheumatism has been known to subside instantly to oppression of intense anxiety. An instance of articular rheumatism was reported to the writer recently which, after resisting most rational remedies for days, was finally instantaneously cured by the report that a child of

the patient had been run over in the street by a passing vehicle. The report proved false as to his own child but the cure was, nevertheless, complete.

Remorse is a prominent cause of mental depression and disease. "a conscience burdened with guilt," says Dr. Rush, "whether real or imaginary is a frequent cause of madness." Remorse is frequently an indication of mental disease in which the guilt is purely imaginary. Several cases of the latter have come under my observation. One, a newly married woman, who, during courtship had attended a religious revival and had been exhorted to give up all for Christ as the only condition of her future salvation. She could not give up all, she felt there was one whom she could not renounce even for Christ and the reward of eternal glory. After marriage she fell into quiet melancholy and continued for months to imagine that she had grieved the Holy Spirit and was irredeemably lost. The processes of gestation and the ultimate birth of a child finally dispelled the delusion.

Remorse from natural causes is no less distressing nor less difficult to cure. The sense of real guilt harasses the mind, destroys sleep and digestion and speedily undermines the general health. A fatal case of that nature came under my observation a few years since. It was that of a middle aged lady of good family or personal antecedents, who had violated the seventh commandment. The shame preyed upon her mind to such a degree that her health soon succumbed to it, a mild melancholy followed and finally death itself put an end to her mental misery.

Then there are the depressing influences of disappointment — disappointment in love, ambition, fortune, business, etc., either one of which tends to destroy mental equilibrium and to produce a nervous, susceptible temperament and most distressing diseases and derangements. Suicidal mania is the most common

of dissapointment, let the cause be what it may. Disappointment in success or ambition is as likely to excite this morbid impulse as disappointment in love. History records many examples of suicides among generals and statesmen caused by defeat and ambition or by incurring the displeasure of their sovereign; and Dr. Johnson records the case of a theatrical manager in Philadelphia, who having been whist off the stage, was so mortified that he soon after destroyed himself. The sense of shame, ridicule, loss of reputation, calumny, etc. are likewise morbid causes and justify the careful consideration of jealousy by the moral therapist.

The indulgence of those malevolent passions of jealousy and revenge is incompatible with a sound mental hygiene or a high moral character. Jealousy and revenge go hand in hand. They are twin brothers—conceived in sin and born in iniquity. Either of them is a frenzy of the mind destroying peace and repose, a plague eating out its heart, a cancer consuming every life and soul. Lord Kames

"Of all the diseases of the mind, jealousy is that which most things are necessary for food, and fewest for remedy." A shrewd observer continues, "Jealousy is the most foolish, idle and violent disease that ever assailed and oppresst the minds of man."

When it happens to affect men it robs them of the comforts of life, makes them distrustful, timorous, peevish, pettish, peevish, etc. If one is in a jest, they take it in earnest; if two talk in whispers the third listens; if they talk of him. But if his jealousy relates to womankind and is directed in a wife, it is a domestic tyrant that eats and drinks and lodges in his heart, a fury that haunts him and besets all his affairs abroad making torment the greater by fancying suspicion proceeds from love." Lordship is quite as severe on jealous women in remarking, "When jeal-

ousy faces our wives—those poor, weak, restless souls—they are objects of compassion to see how miserably it torments and tyrannizes over them. If it once possesses them, either of the same causes that serve for a foundation of good will serve them for a foundation of mutual hatred. The virtuous are the incendiaries of their fury and ill will, for there is no action of a jealous woman, let her be ever so chaste and good a house-wife, but it savors of anger and rudeness.

Superstition possesses an influence over the human mind in comparison to which all other agents and influences fade into insignificance. The word has been brot into ill reputation in modern times but its origin does credit to man, for it originally meant "super-starry" looking above. We are not prepared to affirm that an element of such amazing proportions in human nature is entirely out of place. Such an affirmation would embrace the wisdom of the Divine Architect and the beneficence of divine government. So far from this being our intention we believe that the system of that blind faith and unreasoning credulity which superstition has come to mean is quite legitimate in its day and generation and what is legitimate is of Divine appointment. Ignorance and credulity are never disassociated. Belief is strongest when reason is weakest. Faith is not especially desirable when the essence of things needful is no longer an object of hope, but of present, living realization. The diffusion of knowledge dispels superstition, with its horrid brood of dark misticisms, as the day-god dissipates the murky mists of early morning, and with wisdom of equal beneficence.

RATIONAL HEALING AND PREVENTION OF DISEASE.

"All who have watcht the progress of the healing art in recent times, will note that among the most enlightened practitioners there has been a steadily diminishing confidence in medication and an increasing reliance upon the

sanitary influence of Nature. It is notorious that in proportion to the people's ignorance of their own constitution and the true causes of disease, is their credulous confidence in pills, potions and quackish absurdities; and while the ignorance continues there will of course be plenty of doctors who will pander to it. And not the least of the benefits likely to follow the better diffusion of physiological and sanitary information, will be the protection of the community from the numberless impostures of charlatanism and a better discrimination of the qualifications of competent physicians.—Page 349, "Physiology and Hygiene," by Huxley and Youmans.

"It is a pleasant thought that hereafter the practice of medicine may not be so closely interwoven as hitherto, in the popular mind, with the use of drugs. The time may come when the visits of the physician will not as a matter of course involve the co-operation of the druggist; when medical prescriptions will be divested of all mystery and have no form in the way of fortifying the confidence of the patient. The medical profession will have realized a high ideal position when the physician, guided by his knowledge of diagnosis, the natural history of disease, and existing therapeutic resources, may, with neither self-distrust nor the distrust of others, treat an acute disease by hygienic measures without potent medication.—Prediction by Dr. Austin Flint, one of America's most eminent physicians, fifty years ago, in "Medicine of the Future."

VALUE OF PATENT - MEDICINE TESTIMONIALS.

There is absolutely no dependence to be placed in a testimony to the merits of a patent-medicine, notwithstanding that some very good people conscientiously testify. When the matter is

tract down, the testimony is found to be due to ignorance and faith, or to temporary exhilaration from the gin or stimulating drug in the mixture; then many people are greatly pleased to have their words and pictures appear before the public; others easily commend thru a gift of a dozen bottles, and not infrequently people of some little rank and office testify thru the offer of a good big sum of money.—The Pedagogical Seminary.

Inefficiency of Patent Medicines

The use of patent powders for headache, sleeplessness, nervous exhaustion, and similar difficulties has enormously increased within the last few years. Taken in small doses and at rare intervals, these much-advertised remedies do not seem to be injurious. But a person who gets into the way of using them soon gets out of the way of sticking to rare intervals. This is almost inevitable. As long as the powder will produce the result he wants, he is really forced to keep on using it, for the actual cause of the trouble has never been reached, and it keeps making more trouble for him and demanding attention. But after the drug has been used long enough for the system to become habituated to it, the effect grows less and less in proportion to the size of the dose. So the doses have to be increased.—Luther H. Gulick, M. D., in "World's Work."

PSYCHO-DIAGNOSIS.

Every measure concerning young criminals must be necessarily preceded by a medico-psychological examination of the individual and information concerning his ancestors. In the course of the treatment, the authority of the psychological physician must be thoroughly recognized in order that he may prescribe, if necessary, a distinct medico-pedagogical treatment, especially in the case of undeveloped children.—Page 99, "Modern Theories of Criminality," by De Quiros.

THE GREAT DEBATE

Scientist Scholar Writes on What will Follow After the War—Gives Views on the League of Nations—Sees Big Economic Causes

By Doremus Scudder

As the trend of discussion during the past four years warrant the conclusion that if the war shall have lasted long enough, it will end in the creation of a World State? There is much evidence to support an affirmative answer to this question. Meantime the study of the Great Debate which has been going on about that unknown quantity "After the War What?" is growing increasingly absorbingly interesting.

Before August, 1914, visionaries had pictured an international commonwealth, just as Tennyson had sung "The Parliament of Man, the Federation of the World," but none realized more than these rainbow chasers that their dream was "one far-off dream" toward which the creation of "an inchin' along" like the darkie's "one inch worm." But the war at last began to speed things up.

Long came the League to Enforce Peace, which proceeded forthwith to divide world-organizers into two parties, advocates of a final sanction of peace, and the seers who thought they discerned in this war the last great appeal for might against right in human history—last because another would annihilate the race.

Slowly but steadily the ranks of the old Statesmen as against the Force mongers seem to be augmenting. Two or three years ago big names were scarce among them. Nearly all the political leaders damned a world-human federation as utopian. When they did it with ill-suppressed cynicism. So also Dr. Alfred H. Fried bears "these well-meaning dilettantes" is in royally good company the late Dr. David Jayne Hill, one of the latest authorities to commit him-

self on paper, argues that a general international government is neither possible nor desirable. Mr. J. Pease Norton says of a federation of the world: "The idea is grand, but the plan for a government over all seems to be impracticable."

Two Divergent Views

But these obstructions have not halted the procession, one wing of which still holds an intermediate position between the two parties, and while not relinquishing the appeal to force, declares for a bona fide international organization strong enough to make war impossible. So Mr. Herbert H. Asquith, "We must aim at setting up a world-wide peace partnership, of which all civilized communities will be members on a level footing, with equal rights and reciprocal duties." He advocates "The creation of . . . a tentative and elastic machinery and a system of procedure, consultative and executive," to aim "at something more than negative functions of policing the world and preventing breaches of the peace; at nothing less than a partnership of the nations in the joint pursuit of a freer and fuller life for the countless millions." This stresses a world program whose emphasis upon the welfare of the exploited classes will by its very nature discredit and supersede the employment of force.

Even that stiff-necked conservative, Lord Landsdowne, goes so far as to say "I do not mean a coalition of one group of Powers against another group of Powers. I mean a Commission of all the Powers."

Professor Charles H. Cooley declares "The logical outcome is an organic international life, in which each nation and each national patriotism will be united, but not lost, as individuals are united in an intimate group."

Every month shows a greater number of men and women quietly won to

the conviction that the only possible issue of the war must lie in a bona fide organization of human society. The march of this conviction seems to inhere in the realm of the subconscious as the society itself had a mind which was slowly thinking thru to the conclusion that mankind is essentially one and that war is due to the failure of society to realize this basic fact.

It is quite startling to find that not a few, in whom this social subconsciousness has risen into active consciousness, are talking of the Central Powers as seceders from the great international combination, as revolters against humanity. They speak of the world before 1914 as of a Society of Nations. Mr. Alpheus H. Snow writes, "The union of all nations—which, tho very imperfect, really exists at the present time—is in a position similar to that of the United States during the period from 1779 to 1783 when the problem of equilibrating the units of the Union was being considered." The present world conflict then is nothing more or less than the analogue of our Civil War to bring back the seceders and save the Union, and at its close the nations will confront the task of the thirteen independent American units during that critical interval 1783 and 1789, when inchoate federation was crystalizing into an organized government.

Interest of Labor

The large outstanding feature of this year's history is the irruption of labor into the Great Debate. European Allied Labor, including the Socialists, and American Labor thru its Federation, which stand somewhat apart as two distinct groups, have evidently made up their minds that they together with their German confreres are entitled to representation in the Peace Congress which is not only to end this war but also to determine the future conditions of "organic international life" to use Professor Cooley's phrase. It is perfectly clear that if they will to form a part of the Conference, nothing can keep them out. Over in Great

Britain the New Labor Party has given to the world the only consistently thot-out after-the-war program yet enunciated by a powerful, aggressive political group in any nation. The only comparison that can be made with this utterance in a bunch of selected excerpts from the book of Isaiah. It is modern prophecy at its acme. In the presence of an inspired forecast like this, one feels that at the conclusion of the war Labor in the large sense employed by the British Labor Party is certain to be in the saddle.

Look over the field. Russia will be on hand in that Congress in the person of her proletariat, let us hope with Bolshevism in its rightful place as a controlled minority. On the peace commission of a beaten Germany Socialists will bulk large. The British Empire and America are making Labor history so fast that the Trades Unions will get their dues in the personnel of their official peace-makers. France and the other nations, excepting only Japan and China, will not be able to keep the delegates of their wage-earners at home. These men will hold the balance of power in the Peace Congress.

What Labor wants in the line of guarantees against war in the makeup of federated mankind, therefore, she stands to get. Her delegates will not divide on racial or national lines. That they will know what they want and will agree in their demands is the plain teaching of their present policy of preparedness. No combination to offset them promises much success, because they are likely to voice the public opinion of the World.

Crux of Debate

The crux, then, in the Great Debate is What is Labor Going to Ask? She has already clearly outlined a number of her demands. So far as an organized World is concerned these demands create a well-defined picture. Leaving to one side all such peace details as relate to individual States, boundaries, allegiances, creations of new independent national units and the like, there

the seven planks of first importance in the after-war platform, which Labor is proposing to the World for its adoption.

The first of these is the drafting of a world constitution by the Peace Conference. Both the British National Labor Conference of last December and the Inter-Allied Labor and Socialist Conference of February, 1918, demand that the Treaty of Peace shall embody the rules upon which the League of Nations will be founded," this after carefully outlining the purport of these rules and defining the League as a "supernational authority." In other words, the first business of the Peace Congress must be to determine a basis of organization for the World. In laying down this proposition labor is taking its stand for the method of procedure in vogue among all recently organized democracies, one may almost venture to call it the common sense modus operandi in building up a political organism. It is refreshing to find such an authority as Professor Cooley exclaiming, "We must do our best . . . to establish at least the beginnings of an international constitution, with judicial, legislative, and executive branches, and to provide a process of orderly change by which the world may assimilate new conditions and thus avoid fresh disaster." Mr. Asquith's language already quoted is in agreement with this. Mr. Enrico Bignami, Secretary of the League of Neutral Countries, recently wrote to the World Court of "the hope of a peace based on an international constitution." This proposition, then, that the Peace Conference shall not only deal with matters profoundly affecting single States such as boundaries, rehabilitation and the like but shall also address itself to the determination of the status of the World as an organic whole, goes to the root of all that is involved in this cataclysm and promises the only safe and scientific outcome of these years of nameless horror. If this demand can only be gotten into the mind of the modern man, he will respond to

it regardless of his national affiliation. To agitate it is so to create public opinion in its favor as to ensure the widest and most enthusiastic support thereof.

The Second Plank

The second plank in the platform of the Inter-Allied Labor and Socialist Conference is the formation of "an International Legislature in which the representatives of every civilized state would have their allotted share." Practically all varieties of World Leaguers are agreed upon the necessity for such a consultative body tho many of them affect the wisdom of being not too precipitate or too progressive by clothing the suggestion in more or less nebulous language, as for example "Conferences between the signatory powers shall be held from time to time to formulate and codify rules of international law," from the program of the League to Enforce Peace. The man of the street likes plain speech like "International Legislature" or "World Diet." That there must be one is self-evident, but the determination of the "share" of representation to be "allotted to every civilized state" is where the rub will come. On the one hand we have Mr. Snow pointing out that "It is of course not impossible that large and strong units of territory and population should live in cooperative union with small and weak ones; but such a situation is dangerous to international peace and order, and the more nearly the units can be equilibrated by being made equal in size and strength, the more harmonious and perfect will be their union."

Over against this, place the point of view exhibited by the New Swiss Society. "The small States cannot be held to have concluded their mission; they strike their own particular note, giving a diversity of soul and culture which the world can ill afford to lose. Those of the west of Europe—Switzerland, Belgium, Holland, and Denmark—march at the head of progressive nations. Those of the east of Europe—Serbia and Poland (if indeed Poland may be described as a small State)—

only require liberty and independence in order to show their worth. Moreover, as these small States are devoid of imperialistic aims, they contribute to the general stability in the world. They enlarge the realm of peace, and, like an area of calm, they interpose themselves between rival and aggressive Powers. * * * Instead of diminishing the number of small States in the future Europe it would be more besfitting to increase them." When Americans couple Arizona, Wyoming and Nevada with Illinois, Pennsylvania and New York on the basis of population, and Connecticut, Delaware and Rhode Island with Montana, California and Texas in extent of territory, they are likely to conclude that Switzerland wins out in the argument.

Swiss Society Claims

But granting all that the Swiss Society claims, Mr. Snow is right in seriously sensing problems in a World-State built up of a few strong powers and many small weak ones. And the stress of the situation will fall at the point of determination of the allotments of representation in the International Legislature. Given equality of the voting power therein, the small States will rule the large ones. Base representation upon extent of territory or population, and the large States will dominate. The only escape from the dilemma may lie in a bicameral legislature with a House of Nations, where because of equality the smaller powers will be in the majority and a House of Peoples with membership proportionate to population, where the larger units control. Both Houses will be equally democratic thru election of members by popular vote, the sole reason for a bicameral legislature being the need to equilibrate the units, make it possible for large and small Powers to live happily together and not sacrifice the characteristic contributions which, as the Swiss Society points out, the lesser States promise.

The third feature in World Federation which Labor stresses is a judiciary taking the two forms of a Supreme

Court of judiciature and mechanism for conciliation in non-justiciable disputes between the constituent powers. This calls for barest mention here because the whole world is today agreed upon this most important item. It presents only one center of grave discussion and that concerns the complexion of the judiciary, but among the number of excellent plans for composing this difficulty, the wisdom of the Peace Conference may be counted upon to find a solution quite satisfactory to the world.

The same may be said of the fourth demand, that for an international executive. It presents no very serious problems that call for special discussion previous to the meeting of the Peace Congress.

The fifth plank in Labor's international platform is worded by the Inter-Allied Conference as follows: "The League of Nations, in order to prepare for the concerted abolition of compulsory military service in all countries, must first take steps for the prohibition of fresh armaments on land and sea, and for the common limitation of the existing armaments by which all the peoples are burdened; as well as the control of war manufactures and the enforcement of such agreements as may be agreed to thereupon. The States must undertake such manufactures themselves * * * The nations, being armed solely for self-defense and for such action as the League of Nations may ask them to take in defense of international right, will be left free, under international control either to create a voluntarily recruited force or to organize the nation for defense without professional armies for long terms of military service."

This is the weakest statement in the entire program. It satisfies neither the militarist nor the kind of pacifist who believes in fighting this war to a knockout in order forever to end war. If reports from the allied front reveal the mind of our fighting men, this purpose to make armed conflict impossible in future is the animating princi-

of their self-sacrifice. It is quite natural that the stay-at-homes, however faithful in doing their bit to win victory, should express their opposition to militarism in milder terms and would propose for its overthrow, measures less drastic than would suit the mood of those who have drunk to the dregs the cup of frightfulness. It need surprise no one if the delegates who are to represent the soldiers at the peace conference should secure the scrap-heaping of national armaments and the relegation to the Federal World State of the entire control of such armed forces as may be needed for international police purposes. But he must be a daring prophet who would hazard a guess as to what definite forward step the Peace Conference will be able or inclined to take on this road to national disarmament.

Question of Colonies

Perhaps the most pregnant of all propositions connected with the future of the world is that concerned with the disposition of backward people,—the question of colonies. Here peacemakers of all stripes have gravitated to a common conclusion, that the only feasible solution lies in international control, with equal conditions open to all powers. America's brilliant achievement in organizing into Territories and thence into sovereign states the national domain ceded to the Federal Government by the original States or acquired by purchase, conquest or negotiation, points the way to a like procedure on the part of a federated world. There has been one injustice however in this instructive experience and that has been the neglect to accord at least one vote in Congress to a representative of each Territory. In a World State, colonial units should have the right to be heard by vote as well as by voice in the Assembly that controls their development, because the privilege of the floor can never compel the attention of a deliberative body like the right of participation in the ultimate decision.

The clarion note struck by the re-

cent' Trade Union Congress in Great Britain, "That free trade among the nations is the broadest and surest foundation for world-prosperity and international peace in the future," sounds the final chord in Labor's peace anthem. Did President Wilson mean anything like this in item third of his famous peace declaration of January 8th last? "The removal, so far as possible, of all economic barriers and the establishment of an equality of trade conditions among all the nations consenting to the peace and associating themselves for its maintenance." Ever since the opening of the Great Debate, political economists and students of history have rung the changes upon the theme that a League of Nations can never be worked without international free trade. Back of every great war stands a network of economic causes. To expect to work a World State successfully with tariff barriers between the component units seems anything but hopeful. A community of economic interests must be created between all the parts of the Federation to serve as the strongest of binding forces. If the Labor contingents of the European and American nations maintain at the council table where peace is to be determined the proposition enunciated by the British Trade Union Congress, it is likely to carry and may in the end prove the greatest single blessing to humanity secured thru the present catastrophe.

Meantime, the continuance of the Great Debate, and giving time for public opinion to crystallize upon the fundamental propositions involved in the development of an organized world, and by leading masses of men to formulate their conclusions thereupon, is playing its tragic part in preparing mankind for the New Age.

BLINDED SOLDIER TELLS HOW IT FELT TO REGAIN SIGHT.

From Washington Times, May 5, 1918

Signaller Tom Skeykill, the soldier-poet of the Anzacs, who came to Wash-

ington last Thursday to take part in the Red Cross drive and who had been blind since December, 1916, as the result of shell shock suffered at Gallipoli as his company was making a brilliant charge against the Turks, today sees as well as anyone.

Thursday evening he complained of pains, which suggested to his friends that an osteopathic treatment might give relief. Arrangements were made and Drs. Carl Kettler and Riley D. Moore met Signaller Skeyhill at Garfield Memorial Hospital. After a few minutes' treatment by Dr. Moore, Skeyhill leaped from the table, shouting "I can see you, doctor! I can see you."

Signaller Skeyhill, tho still wearing glasses, can now see well. He today wrote the following story for the Times in which he gives a vivid picture of the sensations he experienced upon regaining his eyesight:

By Signaller Tom Skeyhill

When I entered the operating room at Garfield Memorial Hospital I had little hope that osteopathy could do anything for me. This idea was removed shortly, however, for within a few minutes after Dr. Moore began manipulating the back of my neck at the apex of the spinal column I felt a sharp, excruciating pain. Then as if by magic, little flashes of light began to come before my heretofore dimmed eyes, and before I realized just what was taking place I found that I could see.

My first sensations were those of intense gratitude for the view of this grand old world, which for the last seventeen months has been a place of total darkness to me. Every object on which my newly returned sight fell seemed beautiful beyond compare. Even the bare white walls of the hospital appeared to my startled gaze the most beautiful things on which I have ever looked.

While in the course of my travels in all parts of the world, speaking and writing for patriotic purposes, I have felt the most intense gratitude to the good people who have showered me with kindness. I must say that when

I found that the curtain of darkness was lifted from my eyes, I experienced a thrill which will be my most vivid recollection for the remainder of my life.

Thankful For Sight

When I became certain that the return of my sight was not a cruel dream, and that henceforth I should be able to look upon the faces of my friends and view the world as I had when, a light-hearted boy, I sprang into the colors in defense of the empire menaced by the Hun, I could not help stopping for a brief moment and offering a silent prayer of thankfulness. No man who has not experienced the shock entailed in the loss of his sight can appreciate in the remotest degree the feelings which surge thru me now that I am again in a land of light. I know that I can go on as other men and see the glories of a breaking day or watch the sunset at eventide behind the hills or far horizons in the level country.

I want to say to the people of the United States, thru the columns of The Times, that just as soon as I have completed my lecture contracts on behalf of the various patriotic activities in which I am engaged, I will again join the colors and go back "over there" where I hope to be given an opportunity of putting a number of Huns in the place where they will be "pushing up daisies" as we say in the service when a man is buried.

The battle in which I was blinded was fought on the Gallipoli peninsula December 8, 1916. We were charging up a steep declivity when there was an awful world-rocking explosion, and among others, staggered back and fell to the ground. I was unconscious for some time, but at last came a sense of returning consciousness, which was followed by the dread realization that tho still alive, I was blind.

Gives Small Hope

Regular physicians ascribed my condition to shell shock and were not at all encouraged as to the possibility

never regaining sight. I, however, on and hundreds of physicians, famous specialists in England, and the United States, have examined my eyes, all coming to the conclusion, that only a medical miracle could save me from going through the black mists.

Now that Moore has, by a simple operation, restored my sight, I proclaim his name wherever I go and tell my audience, wherever I go, of the simple manner in which he has brot my sight back to me.

One ambition now is to complete lecture arrangements and get back to action, where every able-bodied man should be. There is a battle line in the world that needs strengthening and there I want to be, fighting shoulder to shoulder with the gallant American lads, the brave French, the noble British, the fine Italians, the men of Canada and Australia. The dash and daring have won the admiration of the world and the bitter end of the Huns, who haven't got the physical or moral courage to face man to man, in the open field.

Closing my statement I desire to express to The Times my thanks for courtesy and enterprise in giving the readers of The Times the full story as to the manner in which my sight was restored.

A FRIEND TO MYSELF.

By Dr. Frank Crane

"You ask what I have gained," wrote a man to his friend. "I have become a friend to myself. Such a man, to be sure, is the friend of all men."

Let me prescribe this to you as a spiritual pill. Take it three or four times a day. Say over to yourself that it is, "A Friend to Myself," until its meaning, its connotations, its overtones, echoes, and implications saturate you. It will pick you up wonder-

fully. Self-respect is consistent with genuine humility. Self-respect goes with self-contempt.

Yourself is the one person you can not escape from; hence be on good terms with yourself. It's as hard to live with a nagging self as with a nagging wife.

To underestimate yourself is as bad as to overestimate yourself.

Avoid speaking of yourself in a disparaging way. To fall into the habit of saying, "I'm no good," "I know I am awkward," "I do nothing well," and the like, brings on a sort of spiritual auto-intoxication. And it is as disagreeable to your friends as boasting.

To love others as yourself is of not much value unless you love yourself intelligently.

Do not accuse and condemn yourself hastily even as you should not be ever excusing and justifying yourself. Judge yourself as fairly and as charitably as you judge others.

Do not torture yourself for mistakes you have made. Forget them. Look forward, not back.

If you have any workable idea of God use it to clean yourself, your conscience, every day, by unreserved confession. The spirit-bath is as necessary to health as the body-bath.

Speak cheerfully and encouragingly to yourself. No one can endure an atmosphere of continual criticism; and to be ever finding fault with yourself will loosen your courage and keep your nerves in a jangle.

Cultivate the acquaintance of yourself. Learn to be often alone. Be not afraid of solitude. Converse freely with yourself. Appreciate your own inspirations.

Treat your own opinions with respect. Follow your own convictions. Trust your own conclusions. Heed your own inclinations.

Every one knows his own faults, sins and limitations; but not every one knows his ability to withstand his evil inner impulses. Each of us has a sovereign Will. No one, not even ourself, can make us do what we do not will to do. Rejoice in this. Praise, magnify, and esteem your Will.

No one sinks to a low level except he

loses heart; that is, except he gets into the way of despising himself. All degenerates, perverts, and down-and-outers are full of bitterness and self-hate. Do not slump into that state.

There is no joy of life for a normal person except in efficiency, and there is no efficiency without self-confidence.

Any sort of belief that leads you to trample on yourself, to be always debasing and accusing yourself, is morbid. It will grow on you, like picking a sore. Better be a cheerful unbeliever than have a sour creed.

Obstinacy, self-sufficiency, pride, self-indulgence, and silly egotism are bad. So are the opposites, indecisions, self-doubt, self-torture, and self-contempt. Keep in the middle of the road.

Be a friend to yourself.

—Pictorial Review.

GOSSIP AS A PASTIME.

By Mary Ellen Hart

How many self-respecting people indulge without restraint in careless gossip and how few there are who have ever taken the time to analyze the nature and effects of this seemingly harmless pastime. There are many things which pass for respectable in the eyes of the world which under the microscope of sound reason are found to be harmful to character.

Many pride themselves in the exclusiveness of their associates. They shun the company of those whom society designates thieves and places behind iron bars; or those who commit murder and later pay the penalty with their own lives, and yet persons who abhor any such crimes, little realize what they are stealing and what they are killing when they give away to the impulse to gossip.

The story is told of a poor girl in a small English town who had committed suicide. After the inquest the coroner pronounced her death due to careless gossip. There are none who have not at some time felt the fear of public opinion and there are many who

have not the courage to rise above it.

How often we see intelligent men and women pounce on some subject of their scorn and tear it to pieces with all the gluttony shown by a beast in devouring its prey. And I have often pictured in my mind's eye that sly grin of his Satanic Majesty in the countenance of the gossip. Well may he grin for the splendid spirit of cooperation he finds.

Gossip is an enemy to poise, self-mastery and health. It not only injures the reputation of the victim but the character of the gossip. Its constant indulgence weakens the will, diseases the mind. It reads subtly but surely to self-consciousness and fear. If the time spent in idle gossip were given to a worthy occupation, filling the mind with constructive thoughts, if each individual would cooperate sincerely to eliminate this one poison from the world what untold good might come. In the "Thoughts of Corinne" we find these lines:

"But ah! society where each one
must owe
His fate but to fictitious joy or woe,
Where what is said of him becomes
the test
How soon it hardens e'en the trifler's
breast.

"Could men once meet free from this
control
How pure an air were breathed into the
soul.

How would the mind refreshed by
feelings true.
Teem with ideas, natural and new."

Gossip is evidence of demoralization and lack of self-control as surely as the habit of taking liquor. Each satisfies an abnormal craving and who can say which habit does the greater harm.

If we are sincerely endeavoring to overcome this habit we are serving humanity perhaps more than we are conscious of for in purifying individual character we are purifying the character of the world.

Reading—A God-Given Blessing

FAMILY READING.

"Of all the amusements," says Sir John Herschel, "which can possibly be imagined for a hard-working man, after his daily toil, or in its intervals, there is nothing like reading an entertaining book, supposing him to have a taste for it, and supposing him to have the book to read. It calls for no bodily exertion, of which he has had enuf, or too much. It relieves his home of its dullness and sameness, which, in nine cases out of ten, is what drives him out to the ale-house, to his own ruin and his family's. It transports him into a livelier, and gayer, and more diversified and interesting scene, and while he enjoys himself there he may forget the evils of the present moment, fully as much as if he were ever so drunk, with the great advantage of finding himself the next day with his money in his pocket, or at least laid out in real necessities and comforts for himself and his family—and without a headache. Nay, it accompanies him to his next day's work, and if the book he has been reading be anything above the very idlest and lightest, gives him something to think of besides the mere mechanical drudgery of his every-day occupation—something he can enjoy while absent, and look forward with pleasure to return to.

"But supposing him to have been fortunate in the choice of his book, and to have alighted upon one really good and of a good class—what a source of domestic enjoyment is laid open! What a bond of family union! He may read it aloud, or have his wife read it, or his eldest boy or girl, or pass it round from hand to hand. All have the benefit of it—all contribute to the gratification of the rest, and a feeling of common interest and pleasure is excited. Nothing unites people like

companionship in intellectual enjoyment. It does more; it gives them mutual respect, and to each among them self-respect—that corner-stone of all virtue. It furnishes to each the master-key by which he may avail himself of his privilege as an intellectual being, of nature and art; is not only an inexhaustible source of delight to

'Enter the sacred temple of his breast,

And gaze and wander there a ravisht guest;

Wander thru all the glories of his mind,

Gaze upon all the treasures he shall find.'

But while thus leading him to look within his own mind for the ultimate sources of his happiness, warns him at the same time to be cautious lest he defile and desecrate that inward and most glorious of temples.

"I recollect an anecdote told me by a late highly respected inhabitant of Windsor, as a fact to which he could personally testify, having occurred in a village where he resided for several years, and where he actually was at the time it took place. The blacksmith of the village had got hold of Richardson's novel, 'Pamela, or Virtue Rewarded,' and used to read it aloud in the long summer evenings, seated on his anvil, and never failed to have a large and attentive audience. It is a pretty long-winded book—but their patience was fully a match for the author's prolixity, and they fairly listened to it all. At length, when the happy turn of fortune arrived, which brings the hero and heroine together, and sets them living long and happily according to the most approved rules—the congregation were so delighted as to raise a great shout, and procuring the church keys, actually set the parish bells ringing. Now let anyone say whether it is

easy to estimate the amount of good done in this simple case. Not to speak of the number of hours agreeably and innocently spent—not to speak of the good-fellowship and harmony promoted—here was a whole rustic population fairly won over to the side of good—charmed—and night after night spell-bound within that magic circle which genius can trace so effectually; and compelled to bow before that image of virtue and purity which (tho at a great expense of words) no one knew better how to body forth with a thousand life-like touches than the author of that work.

"If I were to pray for a taste which should stand me in stead under every variety and circumstance, and be a source of happiness and cheerfulness to me thru life, and a shield against ills, however things might go amiss, and the world frown upon me, it would be a taste for reading. I speak of it, of course, only as a worldly advantage, and not in the slightest degree as succeeding or derogating from the higher office and surer and stronger panoply of religious principles—but as a taste, an instrument and a mode of pleasureable gratification. Give a man this taste, and the means of gratifying it, and you can hardly fail of making a man, unless, indeed, you put into his hands a most perverse selection of books. You place him in contact with the best society in every period of history—with the wisest, the wittiest—with the tenderest, the bravest, and the purest characters that have adorned humanity. You make him a denizen of all nations—a contemporary of all ages. The world has been created for him. It is hardly possible but the character should take a higher and better tone from the constant habit of associating in that with a class of thinkers, to say the least of it, above the average humanity. It is morally impossible but that the manners should take a tinge of good breeding and civilization from having constantly before one's eyes the way in which the best-bred, and the best-informed men

have talked and conducted themselves in their intercourse with each other. There is a gentle, but perfectly irresistible coercion in the habit of reading well directed, over the whole tenor of a man's character and conduct. It is not the less effectual because it works insensibly, and because really the last thing he dreams of is to civilize the conduct of men—and offers them not to remain barbarians.—Address delivered to the Subscribers to the Windsor and Eton Public Library.

(During the past six months the Editors of the Character Builder have demonstrated the truth of the statements made by Sir John Herschel and can testify to their value. It is a difficulty is often to find books which will interest all members of the family. Nature-stories, with practical lessons, are satisfactory in many instances. Our experiment the interest of children from ten years upwards was helped from a half-hour to an hour, even for months, by reading "Around the World," "Samantha at the World's Fair," "Samantha in Europe," and other "Samantha" books, written by Marietta Holley. In these books humor is as good as Mark Twain's; they contain sound philosophy as well as valuable information and an accurate study of human nature. These books were very popular a number of years ago and their popularity serves to continue. Most of them are published at \$2.50 each. If any of our readers desire to read these books and cannot obtain them in their own communities, they can obtain copies in good condition at a reduced price from the Library of the Human Culture Society, 625 Hope Street, Los Angeles, Cal. The retail price of the books is from \$2.50. For \$2 you can get a copy of one of these popular books and the Character Builder one year. Don't let the winter pass without trying family reading if you have not acquired the habit. It will add to the harmony, life and happiness of all members of the family. Try it.

THE WAY TO LOOK AT IT.

At matters it whether we die to-
morrow?

question now is: How are we

question then will be: How have
ed?

are not all cast for great parts;
object should be, no matter how
our part, to do it justice and play

is pathetic to see a man cast for
all part essaying a large one; and
pitiful to note a man cast for a
part compelled to play a small one.
In these cases every day. There
is pathos in life.

At matters it how long we live—
is not the vital question, but rath-
er how much have we lived? To
what purpose? If we have wasted our
time, we should not be entitled to
lie down in satisfaction to pleas-
ure-dreams.

While we yet live, let us endeavor
to be real and virile, our own masters
and not our own captians.

—Emerson.

THE BARGAINS FOR CHARACTER BUILDER SUBSCRIBERS.

Following books are from the library of the
of the Character Builder. They are all in
good condition; some of them are new. The pub-
lic charge from \$1 to \$2 for them. You may
make your choice and the Character Builder one
new or renewal, for \$1.50. Two books and
Character Builders one year for \$2.25. Five
and the Character Builder, \$4.75.

Al Road to Health, Tyrrell.
Physiology, Carpenter.
Young Boy Ought to Know.
Young Girl Ought to Know.
Young Man Ought to Know.
Young Woman Ought to Know.
Young Wife Ought to Know.
Young Husband Ought to Know.
Man at 45 Ought to Know.
Woman at 45 Ought to Know.
The Right Relations of the Sexes.
Food, Christian.
The Criminal Insane, Williams.
Mrs E. E. Shepherd.
Common Sense, Dr. Foote.
Way to Health, Dr. A. E. Bridger.
Golden Cycle, Fraser.
Lowry.
New Humanism, Griggs.
Life: Its Duties and Privileges, Wood-Allen.
The Wedded Life, Leslie.
The Beautiful, or Beauty Aids.
A Life, Dr. Brown.
Woman Should Know, Mrs E. B. Duffey.

Superior Manhood, MacFadden.
Practical Hints for Teachers, Howland.
Hypnotism, Dr. Cocke.
Common Disorders, Dr. Latson.
Nutrition and Digestion, Susanna Cocroft.
Essentials of Psychology, Pillsbury.
Social Institutions of the U. S., Bryce.
Superb Womanhood, MacFadden.
Reproduction and Sexual Hygiene, Dr. Hall.
Foods, Dr. Smith, F. R. S.
The Normal Child and Primary Education, Gessel.
Spiritual Therapeutics, Colville.
After Death What? Peters.
Practical Lessons in Hypnotism, Dr. Cook.
Society and Prisons, Osborne.
Common Sense About Woman, Higginson.
Popular Treatise on Diseases of Woman, Dr.
Warner.
Marriage and Parentage, Holbrook.
Addresses Worlds Social Progress Congress.
Thoughts for the Occasion, Noble.
Practical Palmistry, St. Germain.
The Child, Home and School, Lutes.
Woman's Suffrage by Constitutional Amendment.
Old Age: Its Cause and Prevention, Bennett.
The Better Country, Dr. Bartlett.
Intestinal Ills, Dr. Jamison.
History of Circumcision, Remondino.
Introduction to Political Economy, Ely.
The Social Evil in Chicago.
Scientific Physiognomy, Stanton.
Auto-Intoxication in Disease, Bouchard.
The Law of the New Thought, Atkinson.
Slight Ailments, Dr. Beale.
Man in Health and Disease, Warner.
Mystic London, Davies.
Turning Points in Life, Arnold.
The Supremacy of Man, Pulsford.
Charming Children of Dickens's Stories.
Life Out of Doors, Young People.
Kindergarten Principles and Practice.
Health in the Home, Lindley.
Combe's Lectures on Phrenology.
Authors and Inventors, for boys and girls.
Culture and Restraint, Black.
Diseases of Inebriety, Crothers.
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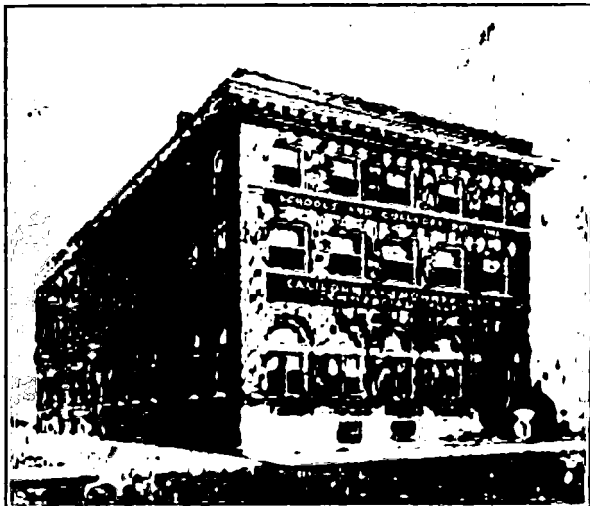
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